

KRATOM SAVES LIVES

1,100+ REAL-LIFE STORES INSIDE,
PLUS DATA FROM DOZENS OF
SCIENTIFIC STUDIES PROVING
KRATOM'S SAFETY & BENEFITS



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By Nature Daily

&

***1,100+ People Who Have Shared Their Story In This
Book About How Kratom Has Saved Their Life***

&

***The Millions Of People Who Have Transformed Their
Lives From Strife To Prosperity With The Help Of Kratom***

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CHAPTER 1: KRATOM IS NATURAL & SAFE — KRATOM IS ONLY UNDER ATTACK BECAUSE IT HAS SO MANY BENEFITS THAT IT POSES TREMENDOUS COMPETITION TO BIG PHARMA'S TRILLIONS OF DOLLARS PRESCRIPTION DRUG MARKET



Kratom is often portrayed in the mainstream media as a dangerous and ominous new street drug, when in reality it is a completely natural leaf, as seen in the picture on this page.

As this book will explain in great detail, the negative portrayal of Kratom by Big Pharma / FDA / Mainstream Media is the complete opposite of the truth — To make a long story short, Kratom is completely safe while simultaneously having so many powerful medicinal benefits, that Big Pharma's trillions of dollars Prescription Drug market is threatened by Kratom.

Therefore, the negative hype against Kratom is Big Pharma's desperate attempt to prevent Kratom from taking countless billions of dollars out of the Prescription Drug industry, since people can find far more effective and safer relief for a plethora of medical conditions from Kratom than if they used Prescription Drugs.

Indeed, dozens of scientific studies and countless multitudes of real-life stories across the internet confirm that Kratom saves lives from drug addiction, Kratom saves lives from chronic pain diseases, and that Kratom saves lives from mental health disorders, all while being scientifically confirmed to be 100% safe, as this book will show in expansive and solid detail.

In-fact, it is miraculous how Kratom is completely safe, with no scientifically proven deaths in history, while having such powerful medicinal benefits. No Prescription Drug even comes close to Kratom's efficacy + safety profile.

For example, even a painkiller like Tylenol which only provides slight pain relief benefits and is considered to be a

relatively benign Prescription Drug, causes 50,000+ emergency room visits per year and 500 deaths per year from acute liver failure. Now compare that to Kratom, which provides far more powerful pain relief than Tylenol and doesn't kill anyone.

Wrapping up this thought, Big Pharma and even the government is prioritizing money over lives in a horrific way. Literally Kratom is a miracle cure for millions of Americans, if not tens of millions of Americans, and Big Pharma prefers to get this miracle plant falsely demonized and banned in order to ensure that Americans stay on toxic and relatively ineffective prescription drugs, keeping people sick and causing countless people to die that don't have to die, just so Big Pharma can put more money in their bank account.

As we embark on this journey of Kratom exploration together, we seek to separate Kratom from the false narrative woven around it, presenting it instead for what it truly is - a natural, powerful, and safe leaf with the capacity to drastically improve lives in numerous ways.

Our goal is that, in these chapters, the truth of Kratom will emerge, and the shadows of falsehood and misunderstanding will be obliterated by Kratom's powerful light.

Interesting Fact #1: Kratom is used by at least 2-3 million Americans according to the lowest estimates from scientific studies, with potentially up to 15 million Americans using Kratom

Interesting Fact #2: Kratom is actually closely related to Coffee, since both Kratom and Coffee are in the Rubiaceae Biological Family of flowering plants. In-fact, the Kratom genome has been sequenced, and it confirms that Kratom and Coffee share a lot of the same DNA. This makes sense, since the energizing and relaxing effects of Kratom are similar to Coffee, and the side effects of ceasing Kratom use are roughly the same as the side effects that occur when quitting Coffee.

Interesting Fact #3: At the time of this writing in July 2023, a couple Kratom death stories have emerged, and have been severely hyped by the media. There is zero scientific proof that Kratom caused these deaths. Literally the coroners declared that these cases were Kratom deaths just because Kratom alkaloids were found in the deceased, and there was no further investigation or proof — This evidence only proves that the deceased used Kratom regularly during their life — by this logic, anyone who is a Kratom user and then dies would be considered a Kratom death.

Interesting Fact #4: The FDA has hyped up Kratom death stories multiple times over the years without evidence, and even when the FDA is grasping for proof that Kratom is bad and bending reality, they can only come up with a tiny amount of ‘Kratom deaths’ — This is the same FDA that APPROVES of Cigarettes, **which kill 480,000 people per year.** — And the same FDA which continues to approve of Oxycodone, even after it initiated a global Opioid Pandemic and has proven itself to be a destructive and deadly drug. — Clearly, the FDA cannot be trusted at all, and therefore no one should get their Kratom information from the FDA.

CHAPTER 2: KRATOM HAS NEVER CAUSED A SCIENTIFICALLY PROVEN DEATH IN HISTORY

“Synthetic opioids and opiates activate an intra-cellular transmitter called Beta-Arrestin, and this is what causes respiratory suppression and deadly overdoses. Kratom on the other hand does not recruit Beta-Arrestin, and likewise, studies have proven Kratom does not cause respiratory suppression.”

One of the main assertions of Big Pharma’s anti-Kratom propaganda campaign is that just like synthetic opioids and opiates, Kratom causes fatal overdoses via inducing respiratory suppression, leading to the lungs shutting down.

However, this assertion is groundless and is in-fact opposite of the truth. Indeed, multiple scientific studies have proven that Kratom does not cause significant respiratory suppression, and therefore Kratom cannot cause overdoses from the lungs shutting down.

Further, scientists have determined the exact reason why Kratom does not cause respiratory suppression. Essentially, synthetic opioids and opiates activate Beta-Arrestin when they bind to the mu-opioid receptor, and Beta-Arrestin activation results in a suppression of norepinephrine

(adrenaline) throughout the body, causing respiratory suppression.

However, Kratom binds to the mu-opioid receptor in a different way, since it has a G-Protein bias, resulting in zero activation of Beta-Arrestin and zero suppression of norepinephrine, and therefore minimal to nil respiratory suppression.

Therefore, it is impossible for Kratom to cause overdose deaths from respiratory suppression, and Big Pharma's assertions in regards to this are completely false and unscientific.

Beyond overdose risk from respiratory suppression, scientific studies have proven that Kratom effectively cannot cause overdoses for any reason. For example, a scientific study found that Kratom is 100,000 times less likely to cause an overdose than Heroin, and this vanishingly small risk is only due to polydrug abuse involving Kratom.

Indeed, back in 2016-2018 during the first aggressive Big Pharma push to ban Kratom, the FDA did produce a list of 'Kratom-related' deaths to prove that Kratom was dangerous. However, essentially all of these cases involved polydrug abuse, and typically extreme polydrug abuse, involving a mix of deadly drugs like Heroin, Fentanyl, Cocaine, Psych Meds, Benzodiazepines, etc. Therefore, it would be asinine and unscientific to blame any of these deaths on Kratom, since it

is obvious that well-known dangerous drugs were the true cause of death.

In addition to all of this, Kratom has a fundamental natural safety mechanism which prevents overdoses of any sort: it can only be taken orally, and a lot of Kratom needs to be ingested to produce effects. The typical strongest dose of Kratom that people take is roughly 10 grams of leaf powder, and even at that dose it's hard to stomach so much leaf powder. If people take significantly more Kratom than 10 grams at once it would lead to vomiting, preventing an overdose.

(Note: At the time of this writing purified Kratom extracts have become far more popular, with some extracts containing the equivalent alkaloids of 90 grams of Kratom Leaf per Gram of Extract. However, even with such purified extracts where a huge amount of alkaloids can be ingested at once, vomiting is 100% guaranteed once 200-300mg of Mitragynine is taken. — Essentially, since Kratom doesn't cause people to go unconscious nor cause respiratory suppression, nor does Kratom have a lethal dose as explained below, a person who takes way too much will throw it up while awake and will ultimately be safe, even if such a scenario would be quite unpleasant.)

Furthermore, the lethal dose of Kratom, known as the LD50, cannot even be calculated. Scientists tried to calculate a lethal dose for Kratom by giving mice dosages of Kratom 100X higher than a human can handle, and even at such



extreme doses no death occurred and only slight toxicity. Therefore, the scientists concluded that Kratom has no lethal dose.

To put this in perspective, an equivalent 100X dosage for a human would be 1,000 grams of Kratom, which is 2.2 pounds, and it is not possible to consume this much Kratom even if someone tried really hard, since they would likely vomit even if they took just 20-30 grams of Kratom.

Therefore, it is not possible for humans to reach even slightly toxic doses of Kratom, let alone deadly doses. A funny image which illustrates this point can be found on the previous page. Although this image exaggerates the lethal overdose of Kratom quite a bit, it does put in perspective how deadly synthetic opioids are, and how safe Kratom is.

Interesting Fact #5: When the FDA compiled a list of supposed Kratom deaths in 2016-2018, **several of the deaths were completely absurd** such as a person who got shot after taking Kratom, a person who jumped out of a window while on many different drugs, and another person who was binge drinking, smoking Heroin, taking Xanax, and taking Vicodin all at the same time.

CHAPTER 3: KRATOM HAS MINIMAL ADDICTION POTENTIAL & IS FAR MORE SIMILAR TO COFFEE ADDICTION THAN OPIATE ADDICTION

Another one of the primary anti-Kratom assertions that has been frequently spread by Big Pharma, is that Kratom is extremely addictive and causes an excruciating withdrawal syndrome like synthetic opioids and opiates.

However, the scientific studies in this section prove that this is opposite of the truth. In reality, Kratom is scientifically proven to have practically no addiction potential, and simultaneously Kratom is scientifically proven to have minimal, if any, withdrawal symptoms.

Starting with the topic of addiction, there are many scientific studies which have determined that Kratom lacks addiction potential. For example, a scientific study proved that Kratom does not induce drug effects in the Mesolimbic Pathway ('Reward Pathway') in the brain. This part of the brain is responsible for feelings of pleasure, and addictive drugs like Cocaine and Heroin hijack this part of the brain, causing a powerful psychological addiction, in addition to causing the drug user to neglect everything else important in their life, since they rely on the drugs for feelings of pleasure instead of obtaining pleasure from working, eating, relationships, hygiene, etc.

Clearly, the interaction of addictive drugs with the Mesolimbic Pathway largely explains why drugs ruin lives, since drugs which interact with the Mesolimbic Pathway cause a user to abandon all of their responsibilities.

Back to the main point, since Kratom does not cause drug effects in the Mesolimbic Pathway, it does not cause any significant psychological addiction, and simultaneously Kratom users do not abandon their responsibilities since their Mesolimbic Pathway continues to function normally.

Indeed, a common expression you will read in the real-life stories in the following chapters is “Kratom gave me my life back”, meaning that when people transitioned from addictive drugs to Kratom, they began to do all of the regular things important to life like working, eating, relationships, etc., and literally they got their real-life back.

Further, this scientific finding is corroborated by another study which determined that Kratom does not cause a surge of dopamine in the brain’s Nucleus Accumbens, and therefore Kratom does not cause re-enforcing addictive behaviors.

On top of all this scientific evidence, another study found that Kratom caused no more addiction than salt water in experiments on mice, confirming that Kratom truly lacks addiction potential. This is corroborated by yet another study

which found that Kratom had zero rewarding effects in an experiment on rats.

Additionally, a scientific study found that Kratom does not cause accumulation of Δ FosB in the brain. Since Δ FosB accumulation in the brain is an indicator that drug addiction is occurring, Kratom's lack of Δ FosB accumulation in the brain is further evidence that Kratom lacks addiction potential.

Thus, it is abundantly clear that Kratom lacks addiction potential. It does not cause brain-hijacking effects, and therefore it is absurd that Big Pharma tries to equivocate Kratom addiction with Heroin addiction.

Moving onto the topic of withdrawal symptoms when discontinuing Kratom, activation of Beta-Arrestin and the resulting suppression of norepinephrine/adrenaline is not only the cause of people dying from their lungs shutting down when they take synthetic opioids and opiates (as discussed in the last section), but it is also the cause of opioid withdrawal.

Essentially, synthetic opioids and opiates suppress adrenaline while they're being used, but once the drugs are discontinued the adrenaline surges back, causing a wide range of highly negative symptoms including agitation, anger, hot/cold flashes, diarrhea, vomiting, shaking, rapid heart rate, insomnia, etc., basically all the symptoms that define 'dope sickness'.

Since Kratom does not activate Beta-Arrestin, there is no surge of adrenaline when Kratom is discontinued, and therefore Kratom causes little, if any, opioid withdrawal symptoms.

This was confirmed by a scientific study which found that Kratom does not induce physiological dependence. In-fact, that scientific study went on to conclude that Kratom is likely the perfect way to combat opioid addiction, since it relieves opioid withdrawals while simultaneously not causing withdrawals of its own, which is something that has been long sought by doctors, since the current popular ‘opioid treatment’ drugs Methadone and Buprenorphine do relieve opioid withdrawals, but simultaneously cause severe opioid withdrawals of their own, perpetuating the problem. This topic will be discussed more in the next chapter.

Likewise, another study confirmed that Kratom does not cause physical dependence, and there are in-fact many more studies which reached similar conclusions.

Notably, the fact that Kratom does not cause any significant withdrawal symptoms also ties back into the fact that it lacks addiction potential. Basically, one of the main reasons that synthetic opioids and opiates are so hard to quit is that the physical withdrawals are so intense that a user is likely to keep taking the drug to avoid the withdrawals. Since Kratom lacks this physical addiction aspect, it is easy to quit.

Thus, Kratom lacks addiction potential, and ceasing Kratom use causes little, if any, physical withdrawals. Therefore, the Big Pharma accusations that Kratom is as addictive as synthetic opioids is easily debunked by science.

Interesting Fact #6: As mentioned in the title of this chapter, based on my own experience ‘Kratom addiction’ is just like Coffee addiction. Even when I’ve used heavy doses of Kratom for years and then suddenly stopped, the only noticeable withdrawal symptoms were slightly reduced energy levels and slightly increased stress, roughly the same as if I were to drink Coffee every day and then suddenly stop.

CHAPTER 4: KRATOM'S LONG LIST OF BENEFITS WITH IN-DEPTH SCIENTIFIC EVIDENCE

So far in this book scientific data has been presented which firmly establishes that Kratom essentially cannot cause an overdose, there's no scientifically proven Kratom deaths in history, Kratom lacks psychological and physical addiction potential, and 'Kratom addiction' is essentially no more severe than Coffee addiction.

Now that it has been established that Kratom is safe, the book will now move onto the reasons why Kratom is used by millions of Americans, and the scientific explanations for how Kratom improves and saves lives. This chapter discusses the long list of Kratom's life-saving benefits, all of which are backed up by peer-reviewed scientific studies, before moving onto the 1,000+ real-life stories about how Kratom saves lives which are presented in the remaining chapters in this book.

KRATOM CAN CURE OPIOID ADDICTION, & IS THE MOST PROMISING SOLUTION FOR ENDING THE OPIOID PANDEMIC

One of the most remarkable benefits of Kratom is that it can literally cure opioid addiction, which is a disease that

doctors have tried and failed to cure for hundreds of years. Indeed, Kratom's Anti-Opioid Addiction properties is perhaps the primary reason why Kratom quickly spread across the United States in the early 2000s, since the Opioid Pandemic in the United States began to rapidly deteriorate starting in 1999, and Kratom is by far the most effective thing for combatting opioid addiction.

According to the below scientific study and many others, the mechanism by which Kratom combats opioid addiction is that it can alleviate physical and psychological opioid withdrawal symptoms, while simultaneously not causing withdrawal symptoms of its own.

As discussed in the previous chapter, one of the main reasons why people addicted to opioids can't quit is because the physical withdrawals are so bad that they have to keep taking opioids in order to avoid getting severely ill.

Therefore, since Kratom alleviates most, if not all, the symptoms of opioid withdrawal, it gives opioid addicts a chance to quit by breaking the cycle of getting sick —> using opioids to feel better —> getting sick, etc.

Likewise, if an opioid addict transitions fully to just using Kratom instead of opioids, they can then quit the Kratom without having to deal with any significant withdrawals, and at that point the opioid addiction is effectively cured. In-fact, many real-life stories in the following chapters discuss how

people quit opioids with Kratom, and then easily stopped using Kratom afterwards.

This makes Kratom far superior to the popular ‘opioid treatment’ drugs like Methadone and Buprenorphine. Although these drugs do alleviate the symptoms of opioid withdrawal, the person using the Methadone/Buprenorphine cannot stop taking the meds, since the withdrawal symptoms of Methadone/Buprenorphine are just as severe as most synthetic opioids. In-fact, it is widely reported that Methadone/Buprenorphine causes a physical addiction that is harder to break than Heroin, and this is documented in the real-life stories in the following chapters.

Therefore, the popular opioid treatment drugs Methadone/Buprenorphine do nothing to cure opioid addiction, they only perpetuate the addiction, and this can quickly lead to catastrophe since the person on Methadone/Buprenorphine can relapse onto other synthetic opioids and street drugs since they are still addicted and still seeking to get high.

Considering this, Kratom is obviously a far better way to treat opioid addiction than Methadone/Buprenorphine, since Kratom actually breaks the deadly cycle of opioid addiction. This is especially true since a scientific study has found that **Kratom is just as effective as Methadone/Buprenorphine for eliminating opioid withdrawal symptoms.**

Further, Kratom targets the root of the disease of addiction via providing pain relief, a mood lift, and relaxation. Essentially, the reason that addictions start in the first place, and the reason that most drug addicts perpetually relapse, is that they are in pain or depressed. Since Kratom alleviates pain and depression, it drastically increases the likelihood that a former opioid addict will just continue to take Kratom rather than relapse onto dangerous and deadly drugs.

In addition to all of this evidence, a scientific study literally found that Kratom reverses the physical brain damage caused by opioid addiction via up-regulating the number of mu-opioid receptors back to healthy levels and reducing the levels of cAMP back to normal.

Breaking this down, when people are addicted to synthetic opioids and opiates it causes their mu-opioid receptors to down-regulate, meaning the number of mu-opioid receptors declines. The body does this in response to the opioid receptors being constantly flooded, so to balance this out the body gets rid of a bunch of the opioid receptors. However, once the drugs are discontinued, the body's lack of opioid receptors causes all sorts of pain and stress. Therefore, it is a very good thing that Kratom reverses this damage and up-regulates the opioid receptors back to healthy levels.

Further, opioid addiction causes a super activation of cAMP, which is a neurotransmitter that causes pain. Basically, since the body feels so much pain relief from opioids, the body produces more of the pain-causing neurotransmitter

camp to restore balance. However, this causes tremendous pain when the opioids are discontinued, since all the cells in the body become flooded with cAMP and end up in excruciating pain. Therefore, since Kratom down-regulates cAMP levels, it targets the root cause of opioid withdrawal and helps cure opioid addiction.

Thus, the science clearly shows that Kratom has the capability to cure opioid addiction, and furthermore Kratom has the potential to significantly diminish, if not completely end, the Opioid Pandemic which kills 50,000+ Americans every year.

KRATOM CAN CURE ALCOHOLISM

The primary pharmacological reason that people become Alcoholics is that they feel a surge of Dopamine with every drink they ingest, and this re-enforces the desire to keep drinking. Then when someone has consumed Alcohol for a long enough time, their body becomes progressively more poisoned and they will need Alcohol just to feel ok and to function.

Scientific studies have proven that Kratom targets the root cause of Alcoholism, [via blocking the release of Dopamine when someone drinks Alcohol](#). Therefore, if someone takes Kratom before drinking, they will feel no pleasure from drinking the Alcohol, and the re-enforcing drinking behavior that causes Alcoholism comes to an abrupt end.

This finding is corroborated by a scientific study which found that Kratom decreased Alcohol intake in experiments on mice.

Further, another scientific study found that Kratom alleviates the physiological symptoms of Alcohol withdrawal, meaning that even hardcore Alcoholics can successfully quit with the help of Kratom, since Kratom eliminates the unpleasant side-effects of Alcohol withdrawal.

Beyond all of this, similar to what was discussed in the previous section about Kratom's anti-opioid addiction properties, Kratom targets the root cause of Alcoholism via alleviating pain and depression, making it likely that a recovered Alcoholic will simply continue to take Kratom to deal with their pain/depression issues rather than relapse onto Alcohol.

Thus, it is abundantly clear that Kratom is an effective cure for Alcoholism. This is truly a big deal, since Alcoholism is one of the deadliest scourges on the planet. Literally 3 million people die from Alcohol every year, and this number doesn't account for millions of more people who have their lives destroyed by Alcohol every year, as well as the millions of families that are ripped apart by Alcoholism every year.

Therefore, Kratom has the potential to vastly improve the world and save countless lives by curing people from

Alcoholism, and this is yet another reason why it would be catastrophic if Kratom was banned.

Notably, there is an entire chapter in this book filled with 100+ real-life stories about how Kratom has cured people from Alcoholism.

Interesting Fact #7: Kratom personally cured me from Alcoholism, despite the fact I didn't even have intention to quit Alcohol. I was drinking 10-20 drinks per night. However, I then began taking Kratom and literally lost the ability to drink, even though I did not want to stop drinking. Instead of Alcohol being pleasant, it became very boring and nauseating, and I stopped drinking all at once. In the 15 years since then, if I've ever tried to have a drink, it offers zero pleasure and is nauseating, and I've gotten to the point I simply do not drink even a drop of alcohol ever because it has no value, thanks to the Kratom in my body completely blocking Alcohol-induced euphoria. Numerous stories similar to mine about how Kratom saved people from Alcoholism can be found in the following chapters.

KRATOM CAN ALLEVIATE EVEN THE MOST SEVERE CHRONIC PAIN DISORDERS VIA OPIOID ANALGESIA, ANTI-INFLAMMATORY EFFECTS, & REDUCING NEUROPATHIC PAIN

Aside from the fact that Kratom can cure Opioid Addiction and Alcoholism, the other primary reason why people use Kratom is to relieve pain. Yale performed human clinical trials to empirically confirm Kratom's analgesic effects, and it was found that Kratom significantly increased tolerance to pain and relieves pain.

Pain and chronic pain are at Pandemic-levels in America, and Kratom is essentially the only effective alternative to prescription opioids. Kratom does indeed produce opioid analgesic pain relief. In-fact, the most potent active compound in Kratom, 7-hydroxymitragynine, has pain relieving effects many times stronger than Morphine according to a scientific study. Further, this study found that 7-hydroxymitragynine provides a faster onset of pain relief than Morphine due to crossing the blood-brain barrier more readily, and 7-hydroxymitragynine simultaneously causes far less constipation than Morphine.

Therefore, the active compounds in Kratom are simply more efficient and superior to Morphine when it comes to opioid analgesic pain relief. Indeed, in the real-life stories in

the following chapters, you will see that numerous Kratom users report that Kratom worked better for eliminating their pain than even the strongest prescription opioid painkillers.

Notably, Kratom's most abundant active compound Mitragynine is generally assessed to have pain relieving effects roughly half as strong as Morphine, but Mitragynine is metabolized into 7-hydroxymitragynine in the body, and this transformation is believed to be responsible for most of Kratom's pain relieving effects.

Beyond Kratom's opioid analgesic effects, Kratom is also a potent anti-inflammatory. In-fact, scientists found that Kratom produces anti-inflammatory effects via a similar mechanism to popular anti-inflammatory meds like Tylenol and Ibuprofen. Specifically, non-steroidal anti-inflammatory drugs (NSAIDs) like Tylenol produce anti-inflammatory effects via inhibiting the COX-1 and COX-2 enzymes, and Kratom inhibits the COX-2 enzyme.

Even better, Kratom inhibits the COX-2 enzyme without inhibiting COX-1. It is well-known that NSAID drugs cause ulceration if used frequently on a long-term basis, and in-fact this ulceration can ruin someone's digestive track and even lead to death. All of these problems are from the inhibition of COX-1.

Therefore, Kratom provides all the benefits of an anti-inflammatory medication without any of the negative side-

effects, since Kratom inhibits COX-2 without inhibiting COX-1.

This is in-fact miraculous, and in an ideal world pharmacies/stores nationwide would stop selling Advil, Ibuprofen, etc. and start selling Kratom, since Kratom is far superior to NSAIDs since it provides anti-inflammatory effects and is simultaneously safe even if used frequently long-term.

Further, aside from Kratom's anti-inflammatory effects that occur via COX-2 inhibition, another scientific study found that Kratom inhibits the over-production of nitric oxide, and this produces anti-inflammatory effects as well, since some of the most serious inflammatory diseases are caused by over-production of nitric oxide.

In addition to Kratom's opioid analgesic and anti-inflammatory properties, a scientific study found that Kratom also reduces neuropathic pain via interacting with adrenergic receptors. In-fact, the scientists determined that Kratom has efficacy for reducing neuropathic pain from chemotherapy via experiments on rats.

Overall, Kratom's trifecta mechanism of pain relief including opioid analgesia, anti-inflammatory, and anti-neuropathic pain relief make it far superior to prescription opioids. Indeed, if someone has a severe chronic pain condition their doctor will have to prescribe them a prescription opioid, an NSAID anti-inflammatory, and a neuropathic pain reducer like Gabapentin, and taking all

these different drugs leads to more side effects. Further, prescription pain relievers, especially prescription opioids, typically stop working if used frequently, leaving a patient in pain even if they are taking several strong prescription painkillers.

On the other hand, a person can just take Kratom and achieve total pain relief even if they have a very severe pain disorder. Further, it is widely reported and scientifically proven that Kratom works long term for pain without tolerance buildup to its pain relieving effects.

Indeed, in many of the real-life stories about how Kratom saved people from chronic pain, Kratom users report that Kratom provided far more effective pain relief than even the strongest prescription opioids, and that this pain relief lasted long-term.

Further, in the real-life stories section you will see that even people with the most severe disorders like Fibromyalgia, Degenerative Discs, Auto-Immune Diseases, Lyme Disease, Arthritis & Osteoarthritis, Neuropathy, and Cancer were able to achieve total pain relief with the help of Kratom, whereas even the strongest prescription pain meds were not effective at all.

Interesting Fact #8: Big Pharma uses the fact that Kratom provides opioid analgesia as a weapon against Kratom. Big Pharma asserts that since Kratom is an opioid analgesic, then it must have the addictive, dangerous, and deadly properties of synthetic opioids and opiates. However, as explained in Chapters 2 & 3, Kratom interacts with the receptors in a completely different way than classical opioids. Kratom activates analgesic pain relief, but simultaneously due to G-Protein bias, Kratom does not active Beta-Arrestin, and therefore Kratom does not cause overdoses from respiratory suppression nor physical withdrawals. This science has been proven by many peer-reviewed studies, but Big Pharma turns a blind-eye to this truth and has aggressively spread the wrong information to the public for years.

KRATOM HAS ANTI-DEPRESSANT, ANTI-ANXIETY, & ANTIPSYCHOTIC EFFECTS

The 3rd primary reason why people use Kratom is to alleviate mental health issues, and aside from numerous subjective reports which show that Kratom can be even more effective than psych meds for alleviating mental health issues

(such as the hundreds of real-life stories later on in this book), there is firm scientific evidence proving that Kratom can be extremely beneficial for resolving mental health problems.

First and foremost, the Kratom experience is defined by a strong mood lift, stress & fatigue relief, energy, and pain relief, and all of these factors definitely go a long way towards relieving depression.

Indeed, a scientific study confirmed that Kratom is an effective anti-depressant, and found that a primary reason why Kratom relieves depression is that it lowers Corticosterone levels in the body, which is a neurochemical that induces stress and anxiety. Therefore, this scientific study found that Kratom can alleviate not only depression, but also stress and anxiety.

Another scientific study found that Kratom has Anti-Anxiety effects just as strong as Benzodiazepines. Specifically, it was found that Kratom is just as effective as Diazepam (Valium) for Anti-Anxiety purposes.

This is critically important, since Benzodiazepines are extremely addictive and life-destroying. Essentially, despite the fact that Benzodiazepines are the most popular prescription drugs for anxiety, it is well-known that Benzodiazepine users can get extremely addicted, leading to poor decision making, blackouts, violent incidents, fatal accidents, deadly overdoses, and arrests. Indeed, 10,000+

people die from Benzodiazepines per year in the United States. Not only that, but Benzodiazepine withdrawal is so intense that it can cause death, making Benzodiazepines almost impossible to quit.

Therefore, a safe alternative to Benzodiazepines is desperately needed, and Kratom appears to be that alternative, since Kratom has Anti-Anxiety effects on par with Benzodiazepines, but simultaneously Kratom lacks addiction potential, has little if any withdrawal syndrome, and Kratom has none of the memory loss/impairment/blackout side-effects of Benzodiazepines.

Additionally, another scientific study found that Kratom has significant promise as an Antipsychotic. Specifically, this study says that Kratom's interaction with the Serotonin and Dopamine receptors likely leads to a decrease in Psychosis. Further, this study discusses how Kratom's Anti-Depressant effects are likely due to its interaction with the Serotonin receptors.

Further, in another study a group of scientists injected mice with 5-MEO-DMT, one of the most powerful hallucinogens in the world, and then injected the mice with Kratom. It was found that the Kratom significantly reduced the DMT induced hallucinations. Based on this, the scientists theorized that Kratom has Anti-Psychotic and Anti-Hallucinogenic effects via antagonism at the Serotonin receptors.

Thus, there is clear scientific evidence that Kratom can be useful for alleviating / curing mental health issues. In-fact in the real-life stories section there is even stronger evidence regarding this issue, with stories about how Kratom helped people to overcome severe cases of Depression, Bi-Polar, PTSD, Anxiety, Insomnia, and more.

Interesting Fact #9: I've personally been through the mental health system. I found that psych meds made my mental health worse and worse. In-fact psych meds caused me to develop a full-range of mental illnesses. Only when I stopped taking the meds did my mental health situation begin to improve. Later on I began taking Kratom, and I found that it relieved my depression, anxiety, and stress far better than any psych med. I believe numerous other Americans have had a similar experience (indeed there are many examples like mine in the real-life stories section), and that a very large number of Americans are successfully using Kratom after unsuccessfully using psych meds. It would likely be catastrophic from a mental health perspective if Kratom is banned, and I would expect mental health emergencies to drastically rise. Basically, it is probably under-estimated just how much Kratom is improving the mental health of America on a large-scale.

KRATOM CAN HELP COMBAT SICKNESSES VIA ANTIOXIDANT, ANTI-BACTERIAL, ANTI-VIRAL, & FEVER REDUCING PROPERTIES

The fact that Kratom can be effective for various sicknesses is perhaps not widely discussed, since most Kratom discussions center around pain relief and overcoming drug addiction. However, Kratom's ability to fight sickness and increase overall health is very important, and undoubtedly most Kratom users utilize Kratom for this purpose when needed.

First off, Kratom is a potent Antioxidant. A scientific study found that Kratom has Antioxidant potency in the 'very strong' category, which is the highest-grade for Antioxidant efficacy. Yet another scientific study corroborated this finding and also found that Kratom is a potent Antioxidant.

What this means is that Kratom protects the body from free radicals, which in-turn protects the body from cell damage and various ailments caused by cell damage. Essentially, free radicals are molecules that damage cells when they come into contact with them, and Antioxidants terminate the free radical chain reactions.

In general Antioxidants are considered to be extremely good for maintaining health long-term, and additionally people often take Antioxidants when they are sick because it

is widely believed that Antioxidants help people to more quickly overcome ailments.

Beyond Kratom's Antioxidant properties, Kratom has also been proven to have potent Anti-Bacterial properties. First off, a scientific study found that an increasing concentration of Kratom killed a wider and wider radius of *Staphylococcus Aureus* bacteria, which is the bacteria that causes Acne. Therefore, it is feasible that Kratom can be used to alleviate Acne.

Another scientific study confirmed this result, and also took the science a step further and found the mechanism by which Kratom kills bacteria. Essentially, the Flavonoids contained in Kratom disrupt DNA and RNA synthesis in bacteria, which in-turn damages the bacteria's membranes, inhibits the ability of the bacteria to metabolize energy, and ultimately the bacteria dies.

Considering this, it seems quite possible that Kratom can combat many different types of bacteria, and not just acne, although more research needs to be done.

In addition to Kratom's Antioxidant and Anti-Bacterial properties, Kratom is also Antipyretic according to a scientific study, meaning Kratom reduces fevers. The mechanism by which Kratom reduces fevers is the same mechanism by which Kratom has Anti-Inflammatory effects: COX-2 enzyme inhibition. Perhaps most notably, this scientific study found

that Kratom is even more effective for reducing fevers than NSAIDs like Tylenol and Ibuprofen.

Thus, Kratom certainly has the potential to combat ailments via its Antioxidant, Anti-Bacterial, and Anti-Fever properties.

The main reason I bring up this point in this book is that I always use Kratom to overcome colds/flu/sicknesses rather than going to a doctor. Further, there are plenty of subjective reports online of many other Americans using Kratom for this purpose, especially uninsured Americans. Essentially, if I ever get sick, I simply take Kratom regularly, and typically within 1-2 days the sickness goes away no matter how severe it is. Of course, this topic needs further research to definitively prove that Kratom can be used to overcome cold, flu, etc., but the evidence which exists so far is quite promising.

Interesting Fact #10: A scientific study was published about how Kratom can be helpful for treating COVID-19 patients. Specifically, pain, aches, fatigue, lethargy, and headache can persist for a very long time at the end of the acute phase of a COVID-19 infection. Simultaneously, NSAIDs are ineffective for alleviating these symptoms. In an attempt to solve this issue, scientists gave a patient Kratom and found that their COVID-19 symptoms were rapidly alleviated and did not come back. Therefore, it is clear that Kratom can help COVID-19 patients recover, likely due to Kratom's pain relieving and fever reducing effects.

KRATOM HAS ANTI-DIARRHEAL EFFECTS

Another benefit of Kratom is that it has Anti-Diarrheal effects. Scientists gave rats castor oil to induce diarrhea, and then they gave the rats Morphine, Immodium (the most popular OTC Anti-Diarrheal med), and Kratom. Ultimately, it was found that Kratom relieved diarrhea just as effectively as Immodium. After that, the scientists determined that Kratom's Anti-Diarrheal effects are due to reduced gastrointestinal motility and anti-permeability action.

A natural medicine which can alleviate diarrhea like Kratom is very important, since diarrhea is a leading cause of death and poor health worldwide.

KRATOM HAS ANTI-DIABETIC & CHOLESTEROL IMPROVING EFFECTS

Wrapping up the long list of Kratom's potential benefits, a scientific study found that Kratom has Anti-Diabetic effects. Essentially, since ancient times Kratom has been used in Thailand as a medicine to treat diabetes, and a group of scientists sought to determine if this ancient use of Kratom had any validity.

Ultimately they found that Kratom stimulated the uptake of glucose by muscle cells, reducing blood sugar levels, and this effect is actually similar to how insulin works.

Of course more science needs to be done to prove that Kratom is truly Anti-Diabetic, but the fact that Kratom has been used since ancient times to combat diabetes, and the fact that the first study ever done on this issue found that Kratom stimulates the body's uptake of glucose and therefore has an insulin-esque action of reducing glucose in the blood, is very promising.

The final scientifically proven Kratom benefit that will be discussed here is that Kratom improves the cholesterol balance in the body. A scientific study found that Kratom use

lowers triglyceride levels and raises HDL levels, both of which are positive trends for cardiovascular health.

Essentially, triglycerides are the main type of fat that circulates in the bloodstream, and triglycerides lead to plaque build-up in the arteries and serious cardiovascular problems. Therefore, it is very beneficial that Kratom lowers triglyceride levels.

Likewise, HDL is considered ‘good cholesterol’, since it actually picks up excess cholesterol in the blood and takes it back to the liver where it is removed from the body. Therefore, it is beneficial to the cardiovascular system that Kratom raises HDL levels.

Further, another scientific study found that Kratom lowers LDL levels, which is ‘bad cholesterol’ since it can clog up arteries, and thus it is beneficial that Kratom lowers LDL levels.

Therefore, Kratom causes a trifecta of positive effects on cholesterol, including lowering triglycerides, lowering LDL, and raising HDL. This certainly deserves more research, since if it is thoroughly confirmed that this is true, then it would mean Kratom could help prevent severe cardiovascular diseases like heart attacks, heart disease, and strokes.

Likewise, if it can be thoroughly confirmed that Kratom has anti-Diabetic effects, that could help tremendous

amounts of people across the world, especially considering the modern-day Obesity Pandemic.



This wraps up the discussion of Kratom's scientifically proven benefits and potential benefits. To be clear there are likely even more Kratom benefits than what has been discussed in this book. As Kratom science continues to advance, it is almost certain that more benefits will be proven.

The main point I want to get across with this chapter is that Kratom has an incredible plethora of beneficial properties according to scientific papers and numerous subjective reports.



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CHAPTER 5: REAL-LIFE STORIES ABOUT HOW KRATOM SAVED PEOPLE FROM OPIOID & DRUG ADDICTION



This section contains the first batch of 1,000+ real-life stories about how Kratom has saved the lives of Americans. In particular, this section focuses on stories about how Kratom saved people from synthetic opioids, opiates, and other drugs, and it truly reveals how countless Americans have had their lives transformed from suffering to prosperity with the help of Kratom. In-fact, in numerous cases the people who wrote these real-life stories below would not be

alive if they didn't have access to Kratom when they needed it.

#1 : Kratom has saved my life from drugs and alcohol!

I have been a terribly bad drug addict my entire life and I thought I would die that way until I discovered kratom. Now I've been clean 2 years 2 months. It's given me my life back and made it possible to live a normal life and keep my family finally. It doesn't hurt anyone, it's not bad for you nor does it come with any adverse side effects. Kratom saves lives! I am kratom! - *Matthew Shuey*

#2 : Ten years ago I was a hopeless alcoholic and addict

I had bouts of sobriety that gave my parents, friends and family hope; but none long enough to show any merit. I was about to lose my home, my wife and my family. I had tried everything - AA/NA, inpatient and outpatient rehabs, and was incarcerated numerous times. The only thing that hadn't happened yet that was bound to happen sooner than later was that I was going to be found dead. I did some research and found this thing called Kratom. That was 3 years ago. Fast forward to now and I am 3 years sober, I own a house, I am married, I have a job with benefits and I have regained all my family's trust. Kratom has done nothing but helped me. I've experienced absolutely no ill effects from the plant in my 3 years of use. Friends and family were skeptical about me using by reading all the propaganda that had come out in the media right at the time that I started and deemed it as just another hole I was digging myself into. Now they have nothing to say except a thank you to God that something has helped my cessation with drugs and alcohol. They KNOW it

has been the missing link this whole time because everything else was tried before. If I had kept seeking advice through doctors and the FDA, I would be just right where they want me... In a revolving door filled with medical debt and a hopeless future with a ball and chain tied to medication that DOES NOT WORK; IT MAKES YOU WORSE. Kratom saves so many lives. I know it saved mine. Many know it did. Thanks for reading my testimony. - *Nathan Couch*

#3 : Kratom has helped me get off of harmful pharmaceuticals prescribed to me by my doctor, and has led me to build a life full of health and happiness

I wouldn't necessarily recommend that every American should take kratom, but for those of us who's only other option is one of a few powerful narcotic painkillers, kratom is a god send. I would gladly meet with any state representative or legal officer and show them the transformation my body has made since ridding myself of doctor prescribed pharmaceuticals, It is obvious looking at me how healthy and happy I am, I didn't look like this after being on prescription medication for years. I didn't expect kratom to help me make so many positive changes to my life but it has, taking this natural medicine from me or anyone else would be a naive and hurtful act. While on kratom I went back and finished my bachelors degree from a competitive university, got my weight back to a healthy level, started and am succeeding in a new career, and fall in love with a beautiful kind nurse. I have the life of my dreams today, and kratom most definitely helped me to get here. - *Alexander H Nielsen*

#4

I am an internal medicine doctor, and I've witnessed a countless number of opiate addicts who were able to become completely clean of opiates with the help of Kratom. - D.N.

#5 : Kratom helped me overcome a heroin addiction, homelessness, and jail

I am now attending school full time, work, and have reconciled with my family. I wouldn't have been able to do it without this simple plant, taking it away would be a disservice to our rights and our country. Please consider how many people this plant has helped, thanks for your time. - James Veeder

#6 : If I hadn't found this plant, I would either be out on the street using again, or dead

I have dealt with PTSD, anxiety, and depression all of my life. I turned to drugs in my teenage years to combat these mental health problems. For 13 years I was an addict. I couldn't hold down a full time job. I was lazy and unmotivated. Which led to a more severe depression. When I finally decided to get clean, all my body/mind knew was depression. Once I stopped taking drugs I didn't know how to cope with life. So I started drinking. I drank heavily for a year and a half. Showing up hungover to work and calling in sick. Until someone introduced me to Kratom. From that very first day everything changed. I stopped drinking completely. I weened

off of my anxiety and depression medication. I left a toxic work environment AND toxic relationship. Started a job where I became an MVP employee which led to several raises. I found a healthy relationship. Kratom gives me relief from anxiety, and energy to get out of bed in the morning. It gives me motivation and drive. I think with a clear head. Kratom has made me more more of a responsible adult than I have ever been in 35 years. If I hadn't found this plant, I would either be out on the street using again, or dead because I couldn't handle the failure. Kratom Gave me my life back. That's not true, Kratom gave me a life to begin with. It made me a new person that I had never known before. Please don't take that away from me. I love who I have become and I want to continue being happy. Being able to provide for myself and my girlfriend. Mental illness is nothing to take lightly and I want nothing more than to stay off medications that dull, numb, and hinder my true potential. Kratom has changed so many lives for the better. This is just my story, I implore you to listen to all of ours! Thank you - Ian

#7: Kratom has saved me from becoming an opiate addict

I've had 2 spine surgeries and have chronic sciatica, Kratom has saved me from becoming an opiate addict. Over 4 years sober from narcotics, my life has improved immeasurably from being clean and taking only quality approved kratom. Please help to keep kratom legal and protect the lives of millions. Thank you. - Ryan Taylor

#8: Kratom has saved my life

I prescribed Vicodin's at the age of 14 and like so many others I became addicted. My addiction completely consumed my life for many years, close to 20 years. Over the years it escalated to OxyContin, and eventually to heroin. Over the years I tried everything, rehab, NA, methadone, suboxone, etc etc. And then one night I read of this all natural, organic leaf called kratom and after plenty of research I decided to give it a try. It worked! I've been clean/sober for years now, I'm the family man I always knew I could be, my work ethic is amazing, and I'm a productive member of society. Kratom has saved my life as well as thousands of others with all types of ailments. Please don't take away this miracle plant. 100% organic kratom has NEVER hurt anyone, for the sake of public health, keep it legal! We the people beg of you!! - Nick Mitchem

#9: This wonderful plant keeps my impulse for drugs down to minimum

Kratom is saving my life and giving me pain relief that no man made pill or man made item I've ever tried ever has in my whole years of being alive. I am a recovering drug addict since 1-19-18. This wonderful plant keeps my impulse for drugs down to minimum. It keeps my depression at a level I can handle every day. It keeps my pain from lupus and arthritis and old traumas down to minimum. This plant gives me hope everyday that I will not have to suffer and go

through pain. I love this plant. It helps me in ways no doctor prescribed medication could ever top and with zero side effects!! - *Cynthia Bateman*

#10: Thanks to this plant I have recovered from a 10 year heroin addiction

This plant has saved my life. Thanks to this plant I have recovered from a 10 year heroin addiction. I am coming up on 2 years clean this April 20th. This is the longest I've ever stayed clean in the past 10 years. It has helped me gain control of my life back. This plant is harmless. It is not addictive. I only use it on occasion but when I do it helps in the most profound ways. If this plant is made illegal it will cause more harm than good. Please don't let that happen. - *Jeremy Sallee*

#11

I have witnessed the benefits of kratom through many people whom were in a never ending cycle of addiction being completely transformed into productive members of society. I myself is one of them. The claims by the FDA are ludicrous. - *Jonathan Seaford*

#12

Kratom has changed my life for the better, works better for me than opiates ever did. Without the addiction risk or side

effects. The people should be free to use natural remedies. -
Tina Erwin

#13: I used kratom to get off of opiate pain pills

My name is hunter lewis and I'll keep it short. I grew up with a mom who was on pain pills and would have me steal them from my grandparents for her, and to keep me stealing them for her she would give some to me, and eventually got me hooked. 3 years down that road I used kratom to get off of opiate pain pills. Kratom helped me get off of them as well as kept me off of them. I have held a full time job and have a wife and am about to purchase a home. I'm 100% sure that if kratom was banned i would eventually find my way back in the arms of opiates and that would ruin my life and take away all of the things aforementioned. Thanks for listening and have a wonderful day - *Hunter C Lewis*

#14

15) Kratom has the potential to be a life saving resource in terms of opioid addiction treatment, but only if it is available to those who need it the most. The benefits outweigh the perceived, overblown, and downright untrue risks. - *Staci Burns*

#15

I will become addicted to opiates if kratom gets banned. I suffer from chronic pain every single day of my life. - *Chelsea Brummel*

#16

I took Kratom to wean off of opiates. I believe it saved my life and my marriage! - *Tonya Baughn*

#17

Kratom has helped turn my life around. I'm clean from drugs for 5 years because of kratom! I am able to be a contributing member of society and a better mother because of kratom. - *Nancy Ducharme*

#18

Please do not ban a substance that saves so many people's lives. I personally know multiple people who switched from hard drugs to kratom and are living wonderful lives now. - *Ryan Dougherty*

#19:

This plant got me off opiates and other extremely drugs. Even though opiates killed millions, I didn't see anyone trying to ban them. Plants not pills. If this is banned you are going to

see a tremendous increase in opiates, heroin, fentanyl, and such!! - *Vicki Elder*

#20

This plant has helped me tremendously with chronic pain and addiction. I've been clean 18 months with help from kratom! It's natural and it works! Don't take this plant from us! - *Jessica Minter*

#21

I don't wanna have to turn back to prescription pills treat my pain and using benzodiazepines for my anxiety. This plant has literally turned my life around 180 degrees - *George Grondin*

#22 : Kratom is a life saver for me. Helped me with withdrawals from an 8 year use of prescribed OxyContin.

I currently depend on kratom daily to address extreme pain issues due to arthritis. Kratom helped change my life from dependence on detrimental opioid use to a SAFE use of kratom for pain. Please make every effort to insure the continued legal availability of this wonderful natural plant! Thank you - *Esteban Valentin*

#23: I tried kratom & within a few days I was off opioids, muscle relaxers, & anxiety medication

Please keep Kratom Legal In the US! It saved my life from a bedridden state! Was taking so much medication to alleviate the pain. Then I tried kratom & within a few days I was off opioids, muscle relaxers, & anxiety medication! I was able to attend my grandsons ball game, attend church, provide my own physical needs & even drive again!! Even my 84 year old father finds it helps his pain & fatigue! Without kratom, I'm right back to pain meds, muscle relaxers & unable to drive. I pray daily for the legalization for the entire US. - *Vanessa Liles*

#24

Kratom helped me quit a 30 yr opiate addiction. It has pain killing properties also as well as its helped my mental health immensely. - *Shannon Maher*

#25: *Kratom freed me from opiate addiction*

Kratom is saving lives and improving others as well. Kratom is in no way, anything closely related to an opiate, especially heroin. Kratom freed me from opiate addiction 6 years ago and I still take it in small doses to help with my depression and anxiety. I just wish I could've shared my knowledge of Kratom with 2 close friends who both committed suicide from opiate and benzodiazepine addiction that they couldn't overcome. Kratom is a good and healing plant with lots of benefits and very few mild side effects. - *Travis Sams*

#26

It helped my son to get off some very addictive pills. I'm thankful for Kratom and what it has done for my son. -

Rachelle Mcneely

#27

Kratom has literally saved my life after an opioid addiction. Please save this plant for all who truly need it. Thank you. -

Shemeca Mack

#28

Please don't ban Kratom. It has been a life saver for me and many others. I was hooked on pain meds for over 20 years. Kratom took that away. - *Gerri*

#29

Kratom single handedly saved my life! I was addicted to pills. - *Travis W Shatney*

#30

I have been in remission from heroin/pain pills for 5 years and 9 months. Two and a half years ago I started having really bad pain in my neck, shoulders and arms. I knew how dangerous it would be to turn to pain meds again and once the tylenol and ibuprofen stopped working, and the pain got worse; I started researching natural pain remedies. I tried a bunch before I found Kratom and now, I am able to work and have some quality of my life back. Please protect kratom for

people like me and the million others who need it. Thank you! - *Lillian*

#31

Kratom has helped so many people I know, to live a healthier life, with relief from physical pain. My dad was on prescription narcotics for 16+ years. He was taking huge prescribed amounts just to function. Now he gets by with 0 prescription narcotics and uses kratom instead. - *Lindsey Ennis*

#32

Please keep this life saver legal, nothing would mean more to people like us. Please keep the people's freedom to safe medicine! This plant has saved my life from long term addiction and pain. This plant has changed my life in so many ways. - *C.J.*

#33

Kratom saved my life from 16 years of drug addiction!! It gave me my life back and gave my kids their mom back!! - *Amy Jenkins*

#34

No more drugs to control my pain thanks to Kratom! - *Tamera Sun*

#35 : I've been off oxy for years now and the only pain relief I use is Kratom. Honestly, it saved my life

26 surgeries so far. 12-16 on my feet, knee replacement, shoulders, on and on. I was taking well over 200 mg oxycodone daily. That was my prescription for over 5 years. They didn't work for pain at all. They just stopped me from going thru withdrawals. I decided to take myself off so I changed my doctor as he was still pushing the oxy and found Kratom. It made quitting oxy very bearable. Needless to say, I've been off oxy for years now and the only pain relief I use is Kratom. Honestly, it saved my life. If it can help me when I was taking that much, think of how many people Kratom could help with their opioid problem!! I don't care about big pharmaceutical or the politicians that are getting rich from poisoning the people for profit. Leave Kratom alone. - *Jerome Brownell*

#36 : Kratom saved me from a life of addiction

I was so sick I couldn't get off Suboxone I prayed and prayed for something natural and kratom was my answer. It was still difficult as Suboxone is extremely powerful but I got clean. It was an answer from God. I am on a beautiful road of recovery and other people deserve to recover from addiction.

Please do not take something given to us from the Lord. It saves lives! - *Desiree*

**#37 : Ten years of my life were hard and very intoxicating.
*Kratom changed all that***

Hello My name is Jamie and I'm a person who is in long term recovery. What that means to me is that I have not found it necessary to use any illegal drugs or alcohol since June 20 2017. My journey through recovery has been a blessing and a hope shot to many others. Part of my foundation in which I treat my recovery each and every single 3day is through the wonderful leaf of kratom. In high school I was a well rounded athlete. I played mainly football and baseball. During my stent of high school I had sustained an injury to my shoulder. I was then prescribed pain pills to help deal with the chronic pain. My use of these pills eventually lead me to the dark world in which heroin was involved. Ten years of my life were hard and very intoxicating. Kratom changed all that. And I believe it has helped millions of people battle this hard disease of addiction. I just ask to please keep an open mind and realize this wonderful leaf is helping many people like myself live a healthy and manhandle life. Today I have a full time job, I pay my bills and I have a relationship with a God of my understanding. Everyone has their story and their own journey. I just know kratom has been a big contributing factor to the man I am today. Thank you for letting me share my testimony. - *Jamie Easley*

#38

Kratom saved my life and my family and myself. I live a fulfilling life, free of drug use. I am truly blessed. Don't ban something that has so many uses and comes from the earth -
Jared Warren

***#39 : I was addicted to heroin and methamphetamine
both of which i have not used in two years since i
discovered kratom***

My kratom testimony is as follows. I have been using kratom for over two years for various health conditions. As well as grief associated with the passing of my grandmother. I use it for chronic pain instead of highly addictive pain killers that were once prescribed to me. I was also addicted to heroin and methamphetamine both of which i have not used in two years since i discovered kratom. I use it to help with anxiety and depression associated with ptsd. Brought on by being involved in a road rage incident that was not my fault. Thank you for taking the time to read my kratom testimony -
Andrew Burcham

#40

Kratom saved me from the opioid addicted lifestyle I was living and allowed me the freedom to raise and support my own family. Thank you for reading - *Peter Ryan Moore*

#41

Kratom saved my life. Without it I would still be in a vicious cycle of going to Dr for opioids. God gave me a way to handle my pain and raise my grandkids without being on all kinds of scripts for benzos and opioids - *Candy Lynch*

#42

Kratom has saved me & I'm pretty sure I would be in legal trouble without it. If I don't have it I have to take pain pills for my pain. Then when pills are gone I do heroin. I have legit pain & trauma to my body. Kratom is a God send. I could go on and on but to sum it up, it is really good for society and people like me, and there are many people like me. - *Leanne Dozier*

#43

Kratom has very beneficial properties to it backed by scientists and research, kratom saved my life from addiction to opioids and depression. - *Michael Morales*

#44 : I finally have my life back again and my family are finally proud of me again

Please keep kratom legal! It has helped me so much! I used to be addicted to pain pills and xanax. I also became addicted to other drugs off the streets! I finally found kratom and it helped me to stop using drugs. I finally have my life back again and my family are finally proud of me again. It helps

me alot with my pain and anxiety and other things! If you really want to help the drug problem in this country please keep kratom legal!! I sometimes feel like the government really doesn't care about its people and only money!! You keep alcohol legal and it has killed way more people than anything else!! So that tells me you only care about one thing (your money) because kratom is hurting the pharmaceutical industry. Of course you don't care about alcohol because it actually helps the pharmaceutical industry! Please I pray that y'all will do the right thing and care about people's lives and keep kratom legal!!! - *Melissa Mosqueda*

#45

My son was an addict and Kratom is what helped him get through the rough times when he was quitting. - *Bonnie Gregoire*

#46 : *With God's help and this natural plant given to us by God I don't use any of my addictions anymore*

Kratom saved my life from me being dependent on pills daily. Kratom and my mmj help me daily due to head aches from two traumatic brain injuries and back aches also due to accidents. I used to be addicted to prescription opioids, alcohol and heroin. I used to be out of control. Now with God's help and this natural plant given to us by God I don't use any of my addictions anymore and I have regained control. I am now able to be a help in the world during this

pandemic. I have a fifteen year old daughter that I must provide for and I truly don't get much help from anywhere since I don't qualify for anything. Please help keep kratom accessible to me and so many others so we can survive on this straight path that works for us because without kratom all addicts will reach the end of the line and it matters to us all to stay alive and not be miserable or suicidal. - *Onisim Costin*

#47 : Kratom has saved my life, job and marriage

I became addicted to pain pills from an over-prescribing dentist years ago. Continued taking them for years and decided to stop. Ended up going to a methadone clinic, which only got me more addicted and was very expensive. I tried to quit cold turkey and almost died from withdrawals. So I started going to a suboxone clinic and NA meetings but my insurance company quit paying for the suboxone and at 600 bucks a month plus 150 a month doctor visit, I was better off financially when I was getting opiates illegally, and the groups was mainly just alcoholic people looking to hook up with each other. A friend introduced me to kratom and I've never looked back. I spend only a fraction of what I was spending before on opiates from the street. An even smaller percentage than the methadone or suboxone clinics. Kratom has saved my life, job and marriage. - *Jason Thomas*

#48

This leaf saves my life literally every day. Every day I'm not on hard addicting opioids because of pain, every day this leaf helps me to be more active and move. I'm doing so much better since finding this life giving leaf, and I cut all addictive opioids out of my life! - *Christine Repchinuck*

#49 : In 2017 Kratom saved my hometown of Beaufort SC from the opiate epidemic

We had 2 to 3 people dying a week in our county from opiate overdoses in the first quarter of the year. We began giving Kratom out and by the last quarter of 2017 we brought the death number to only one person. Huge accomplishment that could have only happened with Kratom. If you have any questions talk to Congressman Joe Cunningham. We proved to him what Kratom did for our county and he is now sponsoring the Kratom Consumer Protection Act in Congress. What the FDA has been doing is blatantly corrupt. The FDA doesn't care about the safety and wellbeing of the American people. They only care about Big Pharma company's profits. After what they have done the FDA leadership needs to be disbanded ASAP. I hold them directly responsible for having let the opiate epidemic happen with FDA approved medications. Kratom however has been proven to help thousands of people to painlessly quit opiates and reclaim

their life and no matter how much evidence of this the FDA has been given they refuse to approve Kratom for human consumption. The FDA is a legitimized criminal that terrorizes Kratom users and importers to protect their corrupt financial interests. Sincerely - *Mike Harris*

#50

I use it primarily for pain, occasionally for an energy boost. I take Red Bali for pain and green maeng da for a boost. Used to have a pain doctor who had me on morphine, vicodin and muscle relaxers. Now I take kratom and 2 tylenol a day. - *Kevin Robbins*

#51

After years of prescription use I stopped for several years. I struggled with PAWS. I lacked motivation and joy in my life. I tried kratom tea and within 30 minutes my natural motivation returned. Clarity and cognition improved and the chronic pain I experience daily is now manageable. Please don't take it away from me and the multiple millions that have reclaimed their lives opiate free. All due respect. Sincerely - *Debbie Tindal*

#52

I was an addict for 17 years, rehab twice, and when I got sober I couldn't keep it up no matter how hard I tried. Kratom really is a lifesaver, without it I don't know where I

would be or if I would even be alive. I suffered from major depression after getting sober and kratom gave me a lift in mood and satisfied my cravings. Please keep kratom legal, people really depend on it and it saves lives. - *Ashley*

#53

Saved my dads life and kept him from killing himself after 20 years of being on tramadol. Keeps my grandmothers lyme and pain away, and brings nothing but helpfulness to all of us. - *Sam*

#54

I started taking kratom almost 4 years ago, it was the only thing that had helped me get off of my prescription pain killers that got me ugly addicted. I'll never forget the first time I tried it, I cried because i actually felt normal without takings pills. Kratom is a natural earth made medicine with many uses and purposes. - *Andi Tienda*

#55

I was an opiate addict for almost 20 years, I found kratom about 5 years ago. I'm still not perfect but I haven't required a narcan dose since then - *Andrew batts*

#56

Helped my husband stop abusing pain pills - *Susan*

#57

I no longer abuse pain pills for my severe back pain - *Michael*

#58

Kratom saved my life. I am currently still in recovery. I've taken the same amount of kratom for years and never have to raise my dose. I am able to live a happy fulfilling life with the aid of Kratom. - *Nathanael Bonczek*

#59 : Since I started it I got my life back

I was on pain medication from 2008- 2011. I then was put on Suboxone for the withdrawals. I was taking it for another 2.5 years and was starting to feel sick and gross all the time. I tapered off myself and when I took my last dose I googled "Natural Remedies for Opiates" and learned about Kratom. Since I started it I got my life back. I feel better, don't take any medication at all and barely get sick. I now have a stable job, my car is almost paid off and we now own a house. These are things I couldn't do while on opiates, as all I could do was think about running out.....now my life is great. - *Jake McKee*

#60

I am a recovering heroin addict that uses kratom daily to overcome the pain I feel that originally caused my Heroin addiction. - *Connie*

#61

Been addicted to pain pills/opiates since I was 15 years old. My dad died from it 5 years ago around the time I found Kratom. If he had Kratom available for purchase over the counter like it is today he'd still be alive to tell you his story like I am. - *Trent Johnson*

#62

I used to have a bad addiction to alcohol and opiates. Since I've been doing Kratom, I haven't touched drugs or alcohol in nearly 5 years. It truly saved my life. - *Ryan Dodson*

#63

Kratom has natural healing power, has helped me through thousands of hours of withdrawal. - *Matthew Brownie*

#64

When i was an addict, I used kratom extracts to ween off opioids. - *Hayden*

#65

It help me get off of opiates. If it wasn't for Kratom I would've probably moved onto harder drugs just to ease the pain. But Kratom really helped. - *Birch Munez*

#66

I lived in Montana recently and started using kratom as a way to help with my mood as well as to help my other opiates cravings. However, I moved back to my hometown in Wisconsin where kratom is illegal and I am very disappointed that such a miraculous plant could be banned even though it is very safe for consumption. - *Tyler Schmidt*

#67

Kratom is helpful in the recovery of opiate addiction and it is cheap. To make it illegal would be a disservice to citizens. - *Theodore Reese*

#68

I became hopelessly addicted to painkillers after surgery. Kratom has saved my life. - *Thomas Allen*

#69

Kratom saved me from opiate withdraw hell and relapse. - *Kristy Johnson*

#70

Kratom is a safe substance that HELPS to ease painful withdrawals and the anxiety associated. - *Kristen Clendenen*

#71

Helped me beat my heroin addiction - *Chudy*

#72

I'm a recovering meth and heroin addict and I was going to the methadone clinic. I take kratom and it helps me not go back to that life. October 6th made 3 years I have been clean and I don't think I would have made it this long without kratom. Since I've been taking kratom my career has flourished and I've held my position for 3 years as of February 16th. The benefits of taking kratom for me I believe have helped save my life, I don't know if I could have done it without it - *Stephanie Murray*

#73 : Kratom helped end years of opioid use

Kratom is safer then opioids as it doesn't effect your respiratory as opiates will. It's natural, been used for ages and should be available to people. In the drug war we were told cannibis had no medical value and look at all the medical value it has today. The cannibis didn't change, people's opinions did after being lied to for so many years. Don't make the same mistake and lie to us about Kratom now. Please do the right thing. - *Fred Fink*

#74

Kratom saved me from pharmaceutical opioid addiction - *Kyle smith*

#75

I was an active opiate addict for roughly 5 years (I am a survivor of abuse and had a hell of a time getting my demons in check), and Kratom was and continues to be my saving grace. It has given me and so many thousands of others the ability to lead a normal life despite the difficult truth of my past. PLEASE do not remove this vital form of maintenance, it is a vital cornerstone to my daily life and the lives of other recovering addicts nation wide. - *Tyler*

#76: I was a heroin addict for 5 years and kratom saved my life

I was in a car accident when I was 18 and was prescribed norco. Eventually I was on norco AND methadone. A few years later I started buying oxycontin off the street because my prescribed pills weren't enough. When oxycontin's formula changed I was forced to go to heroin out of desperation. I was a heroin addict for 5 years and kratom saved my life. I can now live a functional and happy life. Please legalize it, it truly is a lifesaver. - *Richard Cookerly*

#77

I am completely opiate free because of this wonderful plant. - *Tanya parry*

#78

I got off heroin and got a job thanks to Kratom - *Ben*

#79

Got off pain pills thanks to Kratom and now I function in every day life - *Zackary Johnson*

#80

Kratom saved me from a life of addiction. - *Jacob Whitman*

#81

I was addicted to pain killers for 7 years. Got clean thanks to kratom. Now I'm working 50 hours a week and saving money. - *Caleb Hassell*

#82

Opiate withdrawal and the will to stop my addiction and live my life brought me to discover Kratom. This substance is amazing and should be researched. I see a lot of good coming from this plant. - *Andy Hawes*

#83

I believe kratom saved my life. I suffer chronic back pain from scoliosis as well as anxiety and depression, all of which led me to a period of opiate abuse a few years ago. I knew the dangers and I didn't want to ruin my life or die so I really wanted to quit. That's when I discovered kratom. I was able to quit relatively easily and without relapse and I still use kratom to effectively (and naturally) manage my back pain,

depression, and anxiety to this day. It has also helped decrease my alcohol consumption, I would not be surprised at all if it were an effective treatment for alcoholism and possibly other dependencies and ailments as well. I find it's effects and side-effects to be very mild and comparable to coffee. And as with coffee, although my experience is anecdotal, I've suffered no negative impact on my life since I've begun using it. Thus, I see no reason why this wonderful and therapeutic plant should be taken away from all the people like myself whose lives have been saved and/or improved by it or, perhaps worse, taken from all those that it still has yet to help. - *Ed Lewis*

#84

Kratom is sent from God, it keeps me sober after many years of heavy addiction. - *Brandi Haines*

#85 : Kratom helped me with the physical disease synthetically made opiates caused in my body

Tried opiates and it had a negative effect on my nervous system, I was essentially diseased and very unwell. It took away my ability to feel any emotion and I almost got physical dependency but I squashed the little bug it truly was/is. I couldn't sleep, the withdraws of opiates affected my nervous system disrupting my natural state of awareness, poisoning me. I stopped cold turkey which wasn't pleasant. The insomnia was bad, nervous system spasms and

restlessness were bad too. I took kratom and it had a positive effect on the nervous system, easing the physical negative effects of the synthetic opiates. Kratom helped me with the physical disease synthetically made caused in my body. Kratom was the antidote to the poison I had consumed. Kratom IS another special plant with many positive effects unlike synthetically made negative affecting opioids - *F D R*

#86

I have gotten my life together because of kratom. Period. Without it, I would be sitting in prison right now. I am able to save up my money, pay probation, drug test anytime, maintain a job, maintain relationships (family & intimate) the list just goes on. I take my kratom with my coffee and it helps me stay focused and gives me ambition. Please please listen to the people. Banning this will only cause the war on drugs to get worse. - *Nick Shoemaker*

#87 : Kratom is truly a Godsend and I no longer have to be dope sick

Kratom allowed me to get off of methadone and out of that clinic. I was also abusing oxycodone which led to me getting on first suboxone and then methadone. I didn't like the way methadone made me feel so I started researching kratom after a friend recommended it. Kratom is truly a Godsend and I no longer have to be dope sick. I use kratom responsibly for chronic pain management. - *Edward Gift*

***#88 : I have my life and my loved ones back thanks to
Kratom***

Had back and neck surgery and was on opioids for over 20 years, family use to hate my mood swings and I hated the way they made me feel. Have used Kratom now for 4 years and am happy as is my family and friends that I no longer have to use opioids and I have my life and my loved ones back thanks to Kratom. It would be such a shame to see them ban this wonderful all natural, God given plant that has helped me and many, many others. - *Michael Engberg*

#89

I have been off opiates for 8 months with Kratom. I struggled for years. I'm the best I've ever been. - *Sarah Capestany*

#90

I am a former pill and suboxone user. 3 years and 5 months clean. I started taking Kratom in July of 2018. I had heard it helps with pain, is a mood booster, and many other things. I pray all the time, God don't let them take away something that you have put on this earth to be a medicine - *Brandon Adams*

***#91 : Kratom literally saved my life. Without it I wouldn't
be alive today***

I was a bad drug addict since the age of 21. My sister overdosed on heroin. My drug use got extremely worse along

with my mental health. I was diagnosed with manic depression at the age of 17 and was suicidal. It was only a matter of time before I would of ended up like my sister and overdosing. I was so sick of living the way I was living. I wanted to get clean but didn't have the courage to do it. Then I found kratom. It got me off of every drug I was on. It got me out of bed in the morning. It gave me a purpose again. Kratom literally saved my life. Without it I wouldn't be alive today. I hate to think of what would happen if it was to be banned. Kratom saves lives. To everyone who reads this please consider these words. Out of every substance in this world Kratom helps more than it hinders. It is a natural gift from God. If people really cared they would ban alcohol and cigarettes, things actually bad for you and actually destroying lives. Do not force people back to the downward spiral of drugs that Kratom is saving us from. - *Ariel Barrow*

#92 : I was a homeless heroin addict for ten years and then with Kratom I have been sober from opiates for 3 years in June of this year

This miracle plant has helped me rebuild my life from the ground up and I am now a productive member of society again. I would be devastated if this plant were to become illegal and I'm scared that I would end up relapsing. I have now held down the same job for 3 years in November where I am a sales manager and one of the top producers of the company. I am also getting married this year and plan on starting a family. Please leave Kratom alone! This plant has

helped me change my whole life and there are many others who I know personally that have recovered from a heroin addiction with Kratom. - *Frank Premura*

#93 : Kratom made transitioning away from hard drugs and towards a healthy life almost effortless

Kratom has served as a stepping stone for me to move towards the healthy happy life I have strived towards for years. In my early 20s, while attending Northeastern University in Boston, I was introduced to opiates while I was at a weak point in my life. Before I knew it, I was addicted. After a few years of active addiction, I found the strength to come clean to my family and go to rehab. After rehab I was prescribed Suboxone, which was helpful but left my body and mind feeling degraded, I was depressed, tired, and had a bleak outlook on life. After being on Suboxone for two years my dose was raised to the highest therapeutic level, 16mg/day. Doctors are taught that if their patient has any type of cravings at all, they should raise the dose. I had no energy, I was lonely, and as my dose got higher my symptoms of depression increased, and my optimistic outlook for my future decreased, so I decided that it was time to try and rid myself of this potent pharmaceutical. I tapered myself down to 2mg/day all on my own, without the help or support of my doctor. When I tried to make the jump from 2mg-1mg, then 1mg-0mg the withdrawal symptoms I experienced were as bad if not worse than the withdrawal I experienced from Heroin and Percocet, I couldn't sleep, I had uncontrollable

diarrhea, and was in a hopeless mental state. I desperately searched online forums looking for others experiences or advice on how to make the process of getting off Suboxone easier. I didn't have the luxury of locking myself in a room for days because my job and personal relationships would suffer, finally I came across a post talking about Kratom. It sounded useful so I searched google until I found a local shop selling it. The next day after taking no Suboxone, I felt the withdrawal symptoms emerge, at that point I swallowed 5g of Kratom capsules, 20 minutes later I did not feel high, but I was amazed that 100% of my withdrawal symptoms were gone! one year later, I have incorporated Kratom into my daily routine, in this one year time span I have achieved so many milestones in my life that were out of reach while I was on Suboxone, or fighting to stay sober in AA. I have finished my BS online through Northeastern, I have started a new career, I go to work every day, I have found love, my family relationships have improved, I don't drink, I have taken no hard drugs, and my family and friends have come back into my life. I have told my family, friends, and doctors about how Kratom has helped me in my life, everyone that knows me may not know much about Kratom, but it is so completely obvious that I am happy and healthy that no one doubts it is a healthy addition to my life. I have been able to maintain a lower dose than I took when I started, and it has just been such a helpful addition to my life the thought of it becoming illegal saddens me. I don't need it anymore, I have enough happiness and love in my life that if it was made illegal I

would stop taking it and continue living a good life, but I fear for those who are struggling still. Kratom made transitioning away from hard drugs and towards a healthy life almost effortless, which is how we need to make the path to recovery if we want to save lives. I have experienced no side effects, my behavior is not like it was when I was a drug addict, I do not sacrifice things in my life in order to take Kratom, and the effect it has on my body is not similar to any drugs of abuse, it is more like a morning cup of coffee than a euphoria producing narcotic. We now know as a society that Marijuana is not a harmful drug for most, Kratom is the same way. I would welcome the opportunity to meet any lawmaker anywhere anytime so they can see with their own two eyes someone who uses Kratom responsibly, and who's life has flourished as a result. Thank you to whoever has read this, I am passionate about this not from a selfish perspective, but because I know there are thousands of Americans who are just like me, and don't know that there is an easy path away from opiates towards a healthy productive life, and the thought of my own government taking that away from its citizens literally brings a tear to my eye as I write this. Please look at the science, listen to the people's experiences, and do what is in the best interest of your citizens. Sincerely - *Alex Nielsen*

#94

I was a drug addict for 15 years. Kratom helped me quit heroin. Thats all that needs to be said. - *Dave*

#95

Kratom allowed me to stop taking prescription opiates and continue being a contributing member of society when I had been sliding toward medical disability. - *Becky Doe*

#96

Kratom has made my life happy again! After years of abusing my body with alcohol and drugs Kratom is the only thing that made me turn my life around. I am successful again and extremely happy. Keep Kratom legal it saves lives - *Christy Carter*

#97 : Kratom is literally the only reason I'm not dead right now

I was hooked on opiates and Methadone for 15 years. Kratom is literally the only reason I'm not dead right now. If y'all make this illegal you're going to have millions maybe tens of millions of overdosed dead Americans on your hands. Please keep this legal without kratom there's nowhere else for addicts to turn besides back to the drugs they were on in the first place that ruin their lives - *Lee Crenshaw*

#98

I have been taking Kratom for 6 months now. I went from abusing pain pills to suboxone to help get off the pain pills to withdrawing worse coming off the suboxone. If it wasn't for Kratom, I would have went back to abusing pain pills.

Kratom literally saved my life, since day one I hit the ground running with Kratom and never looked back. - *Travis Salmons*

#99

Suffered with addiction 25 years and have never been able to stay clean. I now have seven months clean because of Kratom. Please keep it legal. We need it - *Shannon*

#100

My story is too long to type out. KRATOM HAS SAVED MY LIFE from a vicious opiate addiction. I owe 2 plus years clean to kratom and its life saving properties - *Johnny Scharvella*

#101

I was an addict due to growing up all around drugs and not being wise or strong enough to stay away. My life was a rollercoaster due to drug use, and sobriety was a mix of anxiety and depression when quitting the drugs. Kratom helped all that and I haven't looked back. - *Sebastian Abshire*

#102

I'm off pain medication that was addictive and dictated my life for many years. Years I am finally getting back from taking Kratom. Taking away this plant means taking away herbal rights of many people who wish not to be put on all these pain medications. I am also manic depressive and suffer PTSD along with chronic anxiety. Kratom has helped me in all

issues time and time again. Please don't take away this leaf that is saving people's lives as I type. - *Tony*

#103 : 5 years clean thanks to Kratom

I had been prescribed Vicodin since I was 15 up until I was 25. Got addicted and abused them in that time and ended up having a stroke and stage 3 kidney failure. At 26 I quit opiates cold turkey and my mom brought me red thai kratom, and after 3 days of horrible withdrawals, just a teaspoon of kratom helped me to sit up straight and stop throwing up every 20 mins. I'm 30 now and I am almost 5 years clean thanks to Kratom. - *Victoria Settles*

#104

It completely changed my life. 100% for the better. From a path of guaranteed self-destruction to complete stability. Losing Kratom to unfounded and naive prejudice will cause untold harm for those that have recovered from the devastating effects of opiate abuse and pharmacological harm caused by a system that does not seem to care about the well being of individuals. Don't do it! Leave it be! For the love of all that is good! - *James Lee*

#105

As a former heroin addict, kratom has saved my life. This plant has the potential to stop the opioid pandemic. Please let

it be :). It can save so many lives. Its the only thing I can take regularly for my depression and anxiety. - KJ

#106 : Using Kratom helped reduce my dependency to prescribed benzos

Despite being prescribed by a state appointed psychiatrist for over 8 years consecutively for treating my autism and anxiety disorders, the insert documentation furnished by the drug maker suggest that people should not be using anxiolytics beyond 7 months. After initial Kratom use i was able to reduce the intake of the prescribed medication from multiple times a day, to several times a week. If used sparingly kratom can be used safely to reduce dependency of known dangerous drugs without the side effects of dependency and addiction. You could play devil's advocate and be cynical by stating that you are replacing one habit with another; and I honestly tell you my quality of life has improved as I feel more normal, sober and relaxed when using kratom while reducing the consumption of benzos. - Noel Benitez Cruz

#107 : I started taking kratom several months ago and I haven't needed to drink or pop pills since

I was a long time pain pill abuser then heroin then suboxone. It took decades of trying and failing before i got clean. But I started my addiction to alcohol shortly after, I was always in so much pain. I started taking kratom several months ago and I haven't needed to drink or pop pills since. It helps my

depression anxiety and my physical pain. I so wish that I had discovered kratom twenty years ago, I am certain it would have been the missing key to quitting dope. - *Benjamin Kemp*

#108

My life was never really the same after tearing my acl and meniscus twice between 18-20. Pain medications, Purdue Pharmaceuticals and a very aggressive pharmaceutical industry changed my life forever. Now, at 32 and 5 years sober I can look back at what a mess all of this has been. The broken families, the lost daughters and sons of America and a country where ANYTHING can successfully be lobbied. I plead with anyone that will listen to help keep Kratom legal. I've overdosed on heroin and oxycontin before, yet I have never overdosed on Kratom. It is a life-saving plant that helps tremendously with opiate withdrawal, cravings and low-level pain management without pills. Please do not allow Big Pharma to lobby against this miracle plant. - *Sean Karabekir*

#109 : I don't ever crave anything like Norco, Dilaudid, morphine, Percocet fentanyl patches. I don't need those as long as I have my Kratom

I was addicted to prescription narcotic painkillers from the ages of 17-34. They were always prescribed by a doctor. I have really bad fibromyalgia and a little over two years ago the pain was unbearable. I quit the hardcore prescriptions in 2013 but kept having pain. I didn't get my medical marijuana

card until 2019 but it's too expensive. So I heard about Kratom and some workers in the mental health center I went to were all against it. But I did my research and I felt how great it helped and it still helps me. There are days that it doesn't help as well because of the pain. But I don't ever crave anything like Norco, Dilaudid, morphine, Percocet fentanyl patches. I don't need those as long as I have my Kratom. It's been a miracle for me in so many ways - *Phillip*

#110

This stuff got me off suboxone and has kept me off opiates for 3 years. A lifesaver for sure! Should be kept legal for anyone 18 or older. - *Michael Kenney jr.*

#111

Kratom is Amazing!! It took me off of norco and my husband off of morphine. Now there are two less individuals needing Big Pharma poison because of wonderful, science backed and GOD approved Kratom! Pharmaceutical companies most likely lobbied or used money to change the laws in their favor, that is tremendous garbage. Using money to pull votes your way on a subject matter?! How Sickening!! We The People STAND AGAINST THOSE WHO ARE HELL BENT ON TAKING KRATOM AWAY. Kratom WILL STAY and those against it WILL FALTER. No One will tell us We're Wrong! STAND TOGETHER, KRATOM STAYS. F*** pharmaceutical companies and their poisonous and addictive drugs! Kratom needs to remain UNREGULATED. Leave kratom and the people who use it ALONE. We have NO USE for you and are TIRED of your stupidity! - *L.D.*

***#112 : I've done the methadone and subs thing and
nothing worked until i tried Kratom***

Thank you to this wonderful and amazing herb. I'm a recovering heroin addict, used heroin for 10 years. I've been clean for 3 years now and I couldn't have made it this far without Kratom in my arsenal. I hit rock bottom face first 3 years ago and kratom was the only thing to bring my hopes back up for feeling somewhat normal and happy. I wasn't happy for my entire life hence why i started using heroin to numb out all the depression and emotional pain. Kratom gave me my life back, I've done the methadone and subs thing and nothing worked until i tried kratom. My whole world changed and kratom gave me that spark back in life. I'm finally happy with my life and myself and I never Thought I could be happy. Kratom has helped me so much. It truly helps with my anxiety and keeps my depression at bay. I don't know where I would be without kratom. - *Randy*

#113

This plant keeps me alcohol free and rids me of anxiety and pain meds - *Jz*

#114

Kratom saved my life after I was battling with opiate addiction for years. I'm happy. Healthy. I'm able to raise my kids properly. Spend time with them. All without struggling with an addiction on top of it - *Jordan Rivera*

#115 : I have been clean and sober everyday of the last 5 years due to Kratom

I started drinking at 10 years old to cope with anxiety and depression caused by alcoholic abusive parents childhood trauma. At 20 years old I started oxycontin, that led to Heroin. The only times in my life where I was able to stay sober where when I was in jail. 5 years ago at the age of 40 I found Kratom. I have been clean and sober everyday of the last 5 years due to Kratom. I have kept the same job and found peace with my life. It only takes 6 grams a day of this miracle plant to keep me sober. Kratom does not get you high, it turns off the addiction in my brain if that makes any sense. If Kratom were outlawed I know without a doubt I would relapse and slowly destroy my life until I finally commit suicide. I know this because I have been brought back to life 3 times. I have been through countless rehabs, church programs, prayed endlessly day and night to beat my addiction and nothing ever worked for more than a year. Kratom is saving 1000's of lives everyday. To outlaw this plant would be murder in my mind. - *Alex Alexander*

#116

Kratom helped me get clean off opiates. I don't know where I'd be without it. - *Mija Guzman*

#117

I was addicted to opiates for years because my doctor was prescribing me them for a bad back injury. After about 5 years of hell, I found kratom and I used it to get off opiates. I don't have any issues taking kratom and it has helped my pain and it's helped keep me off pharmaceuticals. - Brad

#118 : Kratom has stopped me countless times, almost on a daily basis, from doing hard drugs

I was physically dependent on opioids for 10 years and did drugs in general much longer. 2 years ago right before my 30th birthday life gave me the choice of clean up or just live as I had been. For 6 months staying clean was no problem. Then one day the urge came. And stayed. Until finally I had to do something. I happen to be in a store that sold kratom and I overheard the guy working there telling another guy who worked there how he tried kratom and he gets it now. I asked which kind as I had tried it while still on drugs and didn't like. I tried it. Since then it has stopped me countless times, almost on a daily basis, from doing hard drugs. It is not nearly the same but is just satisfying enough that I can use it to convince myself not to do opioids. Even my body is better. When doing hard drugs your body lets you know it's not happy with you in many ways. Not the case here. Since I've been using kratom I work out daily, eat a very healthy diet, lost 40 pounds and gained considerable muscle and am just happy to be alive in general. I went from barely being

able to keep a job to being a top employee as a machinist in training. This stuff absolutely saved my life as I had already overdosed multiple times and died once but was revived. It saves my life daily. To make this illegal would be telling people like me to do prescription drugs and heroin. That is not what we want. We want to be functional, productive, happy members of society. Taking this away will hurt people not help. If there's anything else I can add is look at the unadulterated facts. There's a lot of false information. This is a low risk high benefit remedy. Putting it in a class with hard drugs is just wrong. Thank you - *Dan MacDonald*

#119

I was an opiate addict and used kratom to ween off of other opiates. I've tried to quit before (without kratom) but this method made it MUCH easier. Also, quitting kratom after short term use is easy compared to other opiates. - *Ben Abouzeid*

#120

I was prescribed opiates after I broke my foot in a car wreck. I was prescribed after the accident, after the first surgery, after the second surgery, and then when I kept having pain from my nerves. I inevitably became dependent on the opiates and had to look elsewhere in order to function, where I found myself eventually using heroin. After many overdoses and seeing friends die from the drug, I went to rehab 6 times,

did recovery programs. What ended up saving me is a leaf called Kratom. I had also been prescribed sleeping and anxiety medications, and those are no longer needed for me either. Everyone's story is different, but Kratom saved my life.

- Kait

#121 : Kratom not only freed me from drug addiction, but allows me to live daily pain-free

Five years ago I found myself in a place I never thought I would be. I was a prescription drug addict, to Lortab, & had been for over a year I just didn't think I was because I HAD A PRESCRIPTION. Never once until the day I decided I no longer needed what I had been taking daily for years did the reality I was addicted go through my mind more than an occasional flutter, of which I quickly dismissed. After all my doctor had filled every time the previous was gone? I assured myself no doctor would be handing me (quite freely as I recall) anything that I didn't need, that would cause harm, as those people that were addicts were nothing like I was? They had no doctor's permission to take? Impossible to even consider I NEEDED them, although some voice in my head had been speaking quietly that if I didn't have a problem why had my intake increased to well above the "as directed", ometimes causing the need for quite early refills? Also something I would turn down that voice from speaking, so that day I challenged myself to "just stop", yes? That day...The pain that appeared an hour after my coffee & pill morning ritual only contained the coffee, not the pill. Then sweating,

nausea, muscle aches & somehow I convinced myself it was not from lack of pills in my system? No, I had picked up a bug of some sort, yes that was what it was, I was sure of it... Hours later, seemingly the longest day I still have in memory things was getting worse, my eyes were so light sensitive I could barely see. I hurt too badly to even think of driving anywhere, & the voice that had told me before truths I refused to believe talked me into taking one last Lortab, just as I had no aspirin in the house & to enable my ability to get myself to the ER as whatever I had come down with was possibly life-threatening given the magnitude of symptoms it contained. You won't be surprised to hear that after the pill caught up with my symptoms my "illness" was gone, but the truth of who & what I had become appeared. And that day I swore never again to use the pills. Starting my saving grace & the only reason I am clean of the prescription drug that I'm sure by now would have killed me... Kratom saved my life... As it has MANY others. To this day I take daily for the very reason I started my prescription path. Botched cancer surgery in my upper right shoulder area as the muscle was accidentally severed, brutally so & after years of hoping remains painful & disabling in my functionality. Kratom not only freed me from drug addiction, but allows me to live daily pain-free. Without Kratom I promise you only two choices, death or pills, & honestly I would rather be the former than latter. And it is NOT only me. I just beg you to not go based on the unsubstantiated misinformation when making a decision about Kratom. People die daily from

obesity, or conditions related to overeating but do you find feasible to shutdown every drive through possible? Excuse the lame example as presented, but I know you understand where I am coming from. So I have taken enough of your time, thank you so much for taking the time to read here, please don't take away the one leaf of life I found that gave me back my life. Blessings - *Tree Gallagher*

#122 : Living proof that Kratom does help you kick a horrible habit

My girlfriend, and myself were hooked on prescription painkillers. It was getting way out of hand, and too expensive. This was more than 5 years ago. I took kratom for maybe a year. Now, once in awhile I'll treat myself to some. But, I haven't touched a pill since, nor do I have the desire to... Living proof that Kratom does help you kick a horrible habit that otherwise I might not be here today. To outlaw it makes no sense. They should get rid of opiates. That's what's killing people. So if these lawmakers go on, and on about kratom killing, I'd say that's calling the kettle black... Big Pharma is responsible for the opioid crisis because it's making them an awful lot of money... BLOOD MONEY!!!!!! - *Bruce A Van De Griek*

#123

Kratom saved me from opiates. I was addicted and could not stop, until I discovered Kratom. This plant really does save lives - *Cherie Smith*

#124

Kratom has positively affected my life and the lives of my family members in so many ways. It helped me rid myself of a 10 year addiction to prescription pain medication. Kratom allows me to live a pain and anxiety free life without having to worry about being addicted to other substances that altered my life in a terrible way. - *Jessica Johnson*

#125 : *Kratom saved my life*

After a lifelong affair with alcohol and every drug there is I ended up addicted to heroin, strangely it provided everything I chemically needed to live a normal life. Diagnosed with bipolar/manic depression in the mid 80's I refused the lithium treatment common at the time, and over the years refused any of it's "better" replacements. As you can imagine I wasn't living I was surviving . Then I fractured my spine working and carefully allowed it to heal without treatment or even a visit to the hospital. Unaware I had a fracture I opened it back up 15 yrs later. Recreationally using opiates didn't make sense to me because the effects I felt were normalizing to me, 20 yrs into a heroin addiction I was forced to kick due to an arrest, so I began to seek

alternatives, that's when I heard of this miracle leaf that helped a group of people never return to the life. Kratom had just begun it's wave into the U.S. around 2011 or so at least in the Carolinas where I was. Not very internet savvy I didn't know how to purchase the herb so I returned to smack, and proceeded to give myself a staff infection that soon crept into my spine, after 10 months on my back the last two on i.v. antibiotics I had now thanks to Obama care had insurance and prescriptions to percacets, gabapentin, cloraxozone, hydrocodone, and morphine. I was worse than when I was partying now, and it was legal for me. By this time kratom was in smoke shops and I fortunately lost my insurance so I tried it out of desperation and to my amazement it provided everything that all of the other meds couldn't, pain relief, mood enhancement, with a clearer mind. I wasn't in a fog I was navigating through with energy. Since then I haven't returned to the drugs, I drink rarely, and I swear Kratom saved my life, possibly other life's as well that I could've destroyed under the influence of my prescriptions. For me it is a miracle tree, I've gone without after a few years of daily use, upwards to 30 grams a day and at worst I laid around with a box of tissues and several trips to the can, not nearly as bad as coming off of hydrocodone much less heroin. If the FDA makes this illegal it would be a travesty for human kind after getting so close to being accepted. Kratom and CBD, natural is way better. Spread the Kratom Love y'all. Peace -

John E Philips jr

#126

Kratom helped me get quit taking benzos and oxys. It saved my life, and I know I'm not the only one. - *Juan*

#127

I was a former addict. The main thing that helps me say "was" is Kratom. Kratom helps me in so many ways, for example, it helps with aches and pains, anxiety, and allows me to get a full night of sleep. - *Hannah Briggs*

#128

I've been opioid clean for 9 years because Kratom, the plant, an herb, helps my pain management. - *Lyndsay*

#129 : I am a completely different person and my family has their son back

To whom it may concern: My name is Marc and I am a 33 year old male that resides in Maine. My experience with Kratom and its legality is my focus of this letter. I have had a long and treacherous battle with substance abuse. I have had multiple reoccurring bone tumors on the medial side of my tibia below my knee. The diagnosis and subsequent surgeries started at the age of 14. I have had six major surgeries on my right leg. Three of which were for tumor removal and the other three for MRSA treatment and debridement. My knee is completely damaged from the tumor destroying the top of my tibia and the MRSA completely eating away at my meniscus

and cartilage. I have severe chronic and acute pain in that leg as a result of this. I am not a candidate for a knee replacement due to the bone being too damaged and not a stable site for the new artificial joint. I have also been in a severe car accident that lacerated my left arm, broke the fibula in my left leg, and tore the meniscus in my left knee. The treatment of these ailments came with a lot of prescribed narcotic pain medications on a regular basis from age 14 on. My tolerance to these medications started to grow astronomically over 15 years and they stopped working effectively. I eventually was buying OxyContin on the street and abusing them heavily. This eventually led to IV heroin and cocaine use and the loss of anything of real value I had. I struggled with this crippling addiction for 18 years. I tried methadone, suboxone, vivatrol, complete abstinence and had NO significant success with any of them. Finally I found that strong 12 step recovery was what I needed and it would work temporarily but the physical pain I suffer from would become too much and I would relapse on opiates. Two years ago I found kratom and decided to try it for pain relief. It helps me with pain, it helps me sleep, curbs craving, allows me to function and participate in activities of daily living without being in extreme pain. I do not have the extreme tolerance building problems with kratom like I did with traditional opioids. The side effects are extremely minor and do not impair my judgment or ability to function. I am up at 4:30 AM every day and at the gym by 4:45 cycling for an hour. I have found the recumbent bike does not hurt my leg that bad

at all. I have lost weight in a healthy fashion due to my exercise and diet change that kratom has helped me make. I am much more positive about taking care of myself and am able to be present for life. My pain hasn't completely vanished but it is manageable due to kratom. My spiritual growth has been a big factor as well in my 12 months of sobriety along with kratom. I have found that these two things working in harmony has literally saved my life! I am a completely different person and my family has their son back. I do not want to die and the fact that this harmless plant is being targeted makes me scared for my life. Lets focus on rehabilitation and recovery methods. Lets focus on the fentanyl and other analogues specifically...NOT A NATURAL BOTANICAL! Please...lets take a step back here and look at the success stories and reanalyze things. Sincerely - *Marc*

#130

Kratom helped my back pain and enabled me to stop taking narcotic pain relievers permanently, for over 6 years now - *Jon Connell*

#131

Kratom helps with my pain and anxiety. I no longer have to take vicodin and xanax - *Katie McPherson*

#132

Kratom has allowed me to live a pain free life after being stuck on prescription opioids that made me too lethargic to spend time with my family. - *Aron Masterman*

#133

Kratom helped me stay off opiates. - *Lindsey Francisco*

#134

Kratom has helped me avoid using dangerous opioids while allowing me to retain autonomy in life to be a productive and healthy taxpayer. - *Logan Palmer*

#135

I was able to stop taking opioids with the use of Kratom for hip and back pain. I can actually walk now where even with Hydrocodone it was still painful. I don't want to go back to drugs. There are no side effects from Kratom for me. - *Alice J*

#136

Opiate addict most of life. At 63 years old kratom saved me. Mostly it kills the craving, not to mention other benefits. Best thing I've tried for opiate abuse. Taking bout 4 years clean now thanks to Kratom. - *Becky Bradford*

***#137 : Kratom allowed me to regain my life pain free,
without opiates, and continue to stay sober***

I suffer chronic back pain from two herniated discs i received in a work injury 7 years ago. The pain was so unmanageable that it led to a heroin addiction. After I got clean I wouldn't touch anymore opiate pain meds but I still had the chronic pain. Kratom allowed me to regain my life pain free, without opiates, and continue to stay sober. I don't think I would've been able to forego opiate pain meds without it and might have possibly relapsed, and died, if I began the pills again. Kratom has given me a life, and quite possibly has kept me alive as well. My father suffers from debilitating restless leg syndrome and uses Percocet in small doses to manage hard nights. After a knee replacement and recovery he found his RLS aggravated beyond relief and couldn't use Percocet since he was post recovery and had come off of them. I introduced him to Kratom and he now finds relief from his RLS without having to resort to opiate pain pills. He is so thankful to me for introducing him to this plant and proud of me for remaining sober. Kratom is the only reason for that. - *Will Vokac*

#138

I was a heroin addict living in constant anxiety, overdosed before, just felt terrible constantly. Now that I'm on kratom, my life has changed for the better, I can do the things I've

always wanted to do, I have a great job now, a car, I just really got my stuff together and kratom helped me do that. It gives me a caffeine level feeling without impairing me so I can get by with my everyday tasks. Suboxone doesn't do that for me. Methadone doesn't do that for me. Nothing gets me by like kratom. If it was illegal to be honest I don't know what would happen with my life. Please, let us be. - Bryce Gruber

#139

Kratom saves me from pain daily. Without it I'd be a pill zombie or dead. - Kristin Hill

#140 : *Kratom allowed me to build a life free of drugs, homelessness, and crime*

I am a recovering addict. I tried for years to get off crack, heroin, and pills, nothing worked. I was homeless and stole everyday to survive. Today I work, have my own place, and pay all my bills. I am working on my credit and paying child support. Kratom allowed me to build a life free of drugs, homelessness, and crime. - Anthony

#141 : *Kratom liberated me from a decade long heroin addiction*

It allowed me to build my life back. I have a flourishing career and a beautiful young daughter. I would be dead if it

wasn't for kratom treating my withdrawal. It gave me freedom. Now, I am a functioning member of society that provides for my young family. I am no longer crippled by my addiction to heroin and opioids. I can achieve my goals and live a clean life for my family. None of this would have been possible without Kratom's immense help in curing my heroin addiction. If kratom is made illegal then the opioid epidemic ravaging this country will take a lot more lives and destroy even more. Sincerely - *Clarence Beasley*

#142

I used Kratom to get off opiates. I'd hate to see others deprived of that right. - *Brooks*

#143

Kratom has helped me turn my life around. Having many surgeries over the last 10 years ended with me hooked on opioids. This was a horrible time in my life. Now, I am completely off them thanks to Kratom. It helps balance my pain and I'm afraid if they ban Kratom, I'll become hooked on the opioids again. Kratom saved my life! - *Douglas Souvigny*

#144

I use kratom after pain pill addiction problems I had after I broke my back on a motorcycle. Kratom lets me live my life, mostly out of pain, without a crippling addiction problem. It

has caused no issues in my life, ever, and should remain available to everyone. - *Jeffrey W Britton*

#145

Was addicted to vicodin for pain. Now I'm not thanks to Kratom. Period. - *Theodore Karling*

#146

I was dependent on opiates for 30 years, I reached the point where they were taking my life and that is not just talk. Kratom saved my life, I have been on it for over 5 years. I have never had a bad reaction. Matter of fact I feel, I know, it's impossible to overdose on kratom. - *Rich Slatten*

#147

My doctor had a company wide policy change and quit prescribing opiates. I can't imagine getting through the withdrawal process without Kratom. I had no withdrawals at all. Kratom reduces my pain substantially. - *Merle Harmon*

#148

This leaf has been used for hundreds of years as a healthy alternative to treat pain. Its less malicious and more helpful than marijuana, with no high effect. It has saved my life and allowed me to manage pain without addictive opiates. Not to mention the millions of former addicts who use it to stay clean and manage pain. Be on the right side of history, and

not in line with big PHARMA! Keep this inert leaf accessible, and overturn the ban in the FEW silly states that have erroneously banned it as a synthetic drug (which it is not) I'm all for its regulation, but keep it legal. - *Robert Hall*

#149

Kratom allowed me to get off narcotic pain meds. Think twice before making this illegal. People will die taking narcotics to treat their pain. Let's not pretend this has nothing to do with big pharma being afraid to lose money & nothing else. If they want to interject themselves into this area then they should step up & find a way to regulate, manufacture safely & find a way to concentrate the plant material into smaller pills. It would be win-win. Big pharma gets richer, people get Kratom. This must remain legal! - *Diane Skinner*

#150

Kratom helps me to stay off of prescription drugs which had destroyed my life because doctors don't care about my health - *Mike Hill*

#151

I'm a law-abiding, contributing member of society and of this country. Kratom has helped me stop alcohol and opiate use which was killing me and ruining my life. Kratom is so mild but effective for ailments and it has absolutely no negative

affects whatsoever. I'm afraid that if Kratom is banned, I will go back to my old habits again. - *Melissa Native*

#152

Kratom has helped me tremendously to alleviate anxiety depression and also a sciatic nerve condition. If used in low doses and by rotating different color strains I've found it to be non-habit forming as well. I am an ex-opiate addict and it also has helped me to stay clear of a possible relapse. It would be detrimental to millions if Kratom is made illegal and cause numerous people to obtain pain relief in the form of illicit drugs. Thank you. - *Christopher Morosoff*

#153

I was an addict for 8 years. Kratom saved my life. I am able to work and live a very active life without the use of drugs and alcohol. It helps with my OCD and anxiety. - *Chad Naquin*

#154

Kratom got me off Illegal drugs, helps with my anxiety, and helps with pain. - *Matt Hertz*

#155

Kratom saved my life. In chronic pain I got addicted to pain killers, to get off I tried kratom and never went back. I have

no idea where I would be without this herb, it literally saved my life - *Holly*

#156 : *I am a recovering heroin addict and if it wasn't for kratom I would not have been able to quit*

Also my husband suffers from back pain and didn't want to become opiate dependent to deal with his pain so he uses kratom for that purpose. Kratom has been a life saver for us both. I don't understand why they would want to make kratom illegal when it has safely helped so many people. It must be the pharmaceutical companies that are wanting to do this. Please don't let this happen as many lives depend on it. - *Lisa Smith*

#157

Kratom has helped me and my brother-in-law to get off opioids. No doubt in my mind I could not have done it without it. And I can go days without Kratom. I suffer from arthritis and there's a few days I need to take it. I average 3 to 4 g a day but there's 10 days out of the month that I don't use it at all. And I'm definitely off opioids - *Stacy Jourdain*

#158

Years of Opiate abuse that started with major knee surgery, Morphine, then perks then Vic's for the next 2 months prescribed by my doctor. When I gave birth to 3 kids, they gave opioids to me again, and I found that I could mail order

vicodin. Thus began my physical dependence. Kratom was the only thing I could take to ease off, and I have no worry of liver damage or negative health side effects. This would be a shame to take away the one thing that can help with the Opioid Crisis in this country. Suboxone is no way safer than Kratom. - *Kim*

#159

All I can say is I don't drink or pop pills anymore thanks to kratom. - *Tara Longo*

#160 : I'm now able to actually live without being a slave to pills

I luckily found kratom almost two years ago and was able to stop the controlled substances that I had been prescribed for years to treat chronic pain and PTSD. I'm now able to actually live without being a slave to pills. I'm able to choose my treatment based on how I feel rather than by taking the same meds at the same times for the symptoms and level thereof that change and vary day to day. Prescription medications have their place and there are times when i must take them. However, being able to have a life that doesn't revolve around pills and the clock has been an unbelievable relief. It's actually LIVING rather than EXISTING. I feel blessed to have found kratom and I'm beyond grateful that there are trusted vendors to provide us with safe products. Thank you! - *Tuxaquene*

#161

Kratom helped me get off of Suboxone without withdrawal, then I quit Kratom - *Evan Odum*

#162

Kratom has saved my life. If it gets banned so many people will return to opiates and pharmaceuticals. - *Nicole S*

#163

I've never used Kratom however my wife was addicted to pain meds for years and her detox was horrible, I was worried she was going to commit suicide. We found Kratom and it's been nothing but a blessing. 2 years now she's been taking it and been normal. It's sad people find help and then people step in and destroy it. Now I'm really concerned if my wife will default back because of the law. She's been so productive both mentally and in life, I just, I'm at a loss of words to this potential Kratom ban. I feel like crying my self because they just don't understand or care. - *Jason Johnson*

#164

I got in trouble back in 2009 and spent 10 years in prison. Since I've been out kratom has kept me from using and works wonders for my day to day pain. - *Leticia Knight*

#165 : Kratom helped me kick a nasty drug habit, and get a job

I had been struggling for a while trying many things. I followed some advice I found online about using kratom and tapering off the dosage over time. It may not be for everyone, but it helped me. - *Johnny O.*

#166 : Kratom has been a life-saving plant, which has gotten me off of heavy use of crystal methamphetamine

(10-20 hits, 0.5-2g a day) and heroin laced with fentanyl (10-20 hits, 0.25-0.5g a day). I have been severely and hopelessly addicted to hard drugs for almost 10 years. I'm 33 years old. I am blacklisted in Canada due to political, ethnic, and disability-related persecution (I'm Jewish), and the University Health Network denied me the proper medical and psychiatric care my conditions required. As a result, I was forced to use these street drugs to treat severe autism, severe anxiety and depression, and ptsd, or face being in a constant state of physical and emotional pain and misery. I already had pre-existing endocrine problems, and the persecution, drugs, and stress made them a whole lot worse, and now I am a borderline diabetic, and developed fibromyalgia as a result. None of this was my fault. Kratom is not a drug, and it does not give people a buzz, or a high. It does not alter cognition or breathing. It is full of antioxidants and medical properties. It is a source of fibre. It boosts the immune system to fight against covid19 and other diseases. Kratom is the

"great reliever," in that it relieves illness, and gives a sense of wellbeing - even in the most troubling of times, without dulling the senses, or blocking emotions. Kratom brings up difficult memories and emotions, but does so in a safe and rational manner, and allows me to work through and resolve these internal and external issues and struggles.

Pharmaceutical and street drugs, on the other hand, dull the emotions and numb me out - rendering me unable to grow emotionally, intellectually, and spiritually - causing me to repress my thoughts, memories, and feelings and I end up bottling them up and regressing to an earlier developmental state. Kratom is the best medicine, as it's the only medicine that heals the endocrine system, keep my blood sugar and adrenals in check, instead of taxing my adrenals and leaving me in deficit and with erratic blood sugar. Big Pharma's chemical medications tax my adrenal glands, causing my blood sugar to be erratic, and all of my other symptoms to worsen exponentially! Big Pharma's chemical medications create and worsen the very same illnesses they claim to cure. The Pharmaceutical-Industrial-Complex is the biggest racket in human history. This racket is tied to the illegal drug trade, oil and gas, religious extremism, hate groups, private militias, foreign real estate and insurance agencies, all of whom conspire together to engage in colonialistic, predatory, unethical, illegal, immoral, destructive, brutal subjugative and violently repressive activity worldwide! Kratom is a wholesome, and strong industry! Kratom farmers are the backbone of the Indonesian economy. Kratom farmers and

their families are some of the most virtuous, hard working, kindhearted, citizens in all of Indonesia! We all owe kratom farmers and their families the sincerest debt of gratitude! There are no other options for kratom farmers to substitute their crops. To destroy kratom the kratom industry, would be to violate international environmental laws and treaties. To ban kratom, is to murder Indonesia and her people! Banning kratom is treason. Multinational organized criminal syndicates and terrorist groups are the only forces working to ban kratom, therefore it is against the law to pander to these pharmaceutical conglomerates, due to the fact that they are involved in serious organized crime, corruption, terrorism, and suppression of human rights and democratic freedoms in Indonesia and worldwide. Do what is lawful, moral, ethical, necessary for the economy, environment, health and well being of all Indonesian people, and lift the ban on kratom! The FDA is horribly corrupt! End the ban on kratom, and please never ever attempt to ban kratom again! Thank you very much for your cooperation and understanding. I am forever grateful to the Indonesian government, kratom farmers and their families, and the Indonesian people as a whole! Sincerely - *Justin Alexander Krane*

#167

Was on doctor prescribed opiates for my broken back for 12 years. They ruined my life and almost killed me. Kratom is a Godsend, no more opiates - *Alec U.*

#168

Kratom has helped me get off big pharma prescription poisons that my corrupt doctor got me hooked on. - *Phil Hinds*

#169

Thanks to Kratom I quit meth and alcohol, lost 40 lbs, and I'm in the best shape of my life. My anxiety has gone away, my depression has gone away. I'm a better boyfriend and family member. - *Zachary Bratten*

#170 : Kratom truly saved my life

At 18 years old I got into a car accident. I got hit from behind pretty bad and had a slipped disc in my lumbar spine. I was prescribed lortabs for 6-9 months straight, and within that time I became physically addicted. Within 3 years opiate pills got too expensive and I graduated to heroin. I turned into someone I didn't know. Everyone has their horror stories so long story short, I was on heroin for about 2 years, til I got on methadone. Methadone took my cravings and withdrawal cravings away but I was still chained. With that in the first 3 months of methadone treatment I was up to 150mg a day. This went on for about 2 years. I tapered down to 30mg of methadone and jumped ship cold turkey. It was a 9 WEEK withdrawal. I did not know about Kratom during my withdrawal. A couple of weeks after finishing my withdrawal my cravings came back full force. I hadn't used heroin or pills

in years, and I didn't want to deep inside. That's when a friend of mine told me about Kratom. All we knew is that it can help opiate cravings and withdrawals. That was exactly what Kratom did for me. This was almost 8 years ago now and I haven't touched any opiate (or any drugs) period since. Kratom truly saved my life. - *Konrad M.*

#171 : Kratom save my life, I was a homeless drug addict before I found Kratom.

I lived to Chase my habit and then I would lay my head on the concrete every two three days to fall asleep for six hours or so. Today I am responsible member of society, I have my own place, I pay my child support, I'm working on starting a business, life is good today and it's all because of this leaf. - *Anthony P*

#172

Kratom helped me and my friends get off opiates. Kratom helps me manage my pain levels. I feel like I got my life back with Kratom and worried this ban will cause me to get back on opiates that hurt my life. - *K.R.*

#173

I was suicidal, addicted to oxycodone, and suffering from debilitating anxiety. With kratom I am actually able to live as a functioning member of society. Please don't take away the

only thing that has ever brought me consistent peace. -
Cooper N.

#174 : I literally stopped taking all meds and drinking almost immediately after starting Kratom, and transitioned without any withdraws or any other problems

Fell off a roof at 20 and broke my knee and my back. Double hernia the next year after returning to work. 2 years after that I was shot in my right arm and hip. The bullet caused alot of damage in my right arm to the point that it started to lose function. Tendons, muscles, nerves destroyed. And it was broke in a couple different spots. Then I had a 40ft extension ladder fall on my chest and backflipped and landed on my shoulder and neck and tore my rotator cuff and tendons in my neck. I lost my brother in Iraq and 2 years later my dad on Christmas morning. I was a guinea pig for doctors. The pills they gave me ended up making my brain worse than it was and they destroyed my liver. I came to a point where I had lost everything I had because I had developed a bad habit. It drove me nuts and my wife ended up having to boot me out of my house. I was introduced to Kratom shortly after we separated. I literally stopped taking all meds and drinking almost immediately and transitioned without any withdraws or any other problems. It gave me myself back. Within that year I was back at home and into a great job. After I was comfortable I actually became a machinist. 7 years later I am still clean and sober and my life is better than it has ever been. There are still problems as there will always be but I

can deal with them and function everyday in society like a normal person. This would've been really hard to do without Kratom. Probably the best thing that has ever happened to me. Anyway this is the condensed version but I hope it helps you understand the importance of this plant to alot of us. -

Nicholas Goswick

#175 : Kratom saved my life and I do not know what I would do without it

I have been addicted to painkillers ever since I broke my back in 2012. I went through physical therapy over the years and recovered from my injury eventually but I was left addicted to painkillers. I had started abusing them heavily, mixing them with other substances, and this caused me so many downfalls. I tried to get off opiates with suboxone but then I ended up abusing benzodiazapines and alcohol with it. My life was a wreck in 2016. I tried kratom out of desperation to try to help my withdraw symptoms and I realized it was working. I continued to use kratom and eventually got off suboxone, and I eventually stopped using kratom. I am 2 years clean from all substances all thanks to kratom and the only desire I have now is to live the best life I can. -

Peter Crabtree

#176

I use Kratom to stay off of the pain meds that I was addicted to! It's been a God-send for me! -

Floyd B.

#177 : Kratom has given me my life back

I was a heroin and cocaine addict for years. Started when I was 20-21. I never got addicted to pain pills but marijuana was always constant in my life from age 16 and up. I got arrested with a few grams of marijuana just before my 21st bday, and I got put on probation. I was nervous about the drug testing and not being able to smoke anymore that's when one of my coworkers introduced me to heroin. He told me it's just like a Percocet and It's out of my system in 3-4 days so I can just start doing that Instead, and stop a few days before probation. Long story short I never stopped, started doing more hard drugs and became homeless in Trenton Nj. Been to 8-10 rehabs/detox's. I am almost 3 years clean now and couldn't be more proud of myself. Kratom helped me more than I could ever imagine. It got me off of suboxone because I didn't want to take anymore pills for the rest of my life. Kratom has given me my life back. I have finally become a productive member of society. I've gained my parents Love and Trust back. I don't know where I would be today if it wasn't for Kratom. Kratom saved my life, it can save many peoples lives. What if it was your relative that was hooked on hard drugs and the only thing that helped them was Kratom? If this becomes illegal many people including myself are worried we are going to relapse on synthetic opiates. Please do not do this. Kratom saves LIVES!!! - Nick Liebhauser

#178 : I have been off alcohol, meth, and heroin for 18 months thanks to kratom

I have no desire to go back to that life. I have a steady job and I'm a mother to 2 teenagers. I wouldn't be where I am today if it wasn't for kratom. - *Erika Anderson*

#179 : Kratom changed my life and helped me get away from the pain pill addiction

Let me start off by saying I ended up getting addicted to pain pills for years after multiple surgeries. I tried to do everything possible to get off of them. After 7 or 8 years of being stuck on the pills I was introduced to kratom. After I was introduced to kratom it literally changed my life and it helped me get away from the pain pill addiction, and also helped alleviate pain. It also gives me a natural energy where I feel more focused at work and at home while doing simple tasks and other things. So I'm asking y'all to please keep this miraculous plant legal and not make millions of other people go back to possibly overdosing and dying from getting addicted to Big Pharma pain medication. You should know that this plant is helping millions of people and actually putting families back together, so I pray that y'all really think about the people that can have their lives put back together because of this plant, and the God-given right to be able to consume natural herbs that are so helpful and medicinal like Kratom - *Kevin N.*

#180

Kratom has changed my life. I was addicted to alcohol and opiates! I have completely changed my life around thanks to Kratom. Further, it has changed my whole way of thinking about life. I'm more productive and my life is so much better now because of this herb - *Darrell S.*

#181

Kratom helped me stop taking opiates. I've been clean from opiates for 2 years - *Heather R.*

#182

I'm a recovering heroin addict whose cravings were mitigated by Kratom. I'm thankful for it. - *D. Hackney*

#183 : Kratom was a huge help in detoxing

After 12 years on opioids including a pain pump with dilaudid and morphine I decided to quit it all because it was not giving me proper pain relief. I read about Kratom helping people to come off of opioids. The Kratom people were fantastic in helping me get through the agony of withdrawal. Kratom was a huge help in detoxing. I was 82 at the time and it has been 18 months since I last used morphine. Kratom helps my pain more than the opioids ever did. - *E.M.*

***#184 : If I didn't have Kratom I would of woke up
practically dying from methadone withdrawal***

I had been on methadone for two years. Almost two months ago, I broke my leg severely and I was prescribed Percocet for the pain and just really hated how it made me feel. I had to walk off the methadone clinic at 150mg cold turkey. Kratom kept me sane and my withdrawal symptoms at bay without making me high or unable to function. I have been taking Kratom now for almost two months straight. I have had 0 adverse affects from Kratom. If I didn't have Kratom I would of woke up practically dying from methadone withdrawal as well as dealing with a severely broken leg. Please please I ask you to think about what you are doing? Why only give us pharmaceuticals? Why only give us addictive substances that even then, once were addicted to the opiates doctors give us, we have to fight to keep getting those prescriptions. I finally feel like I have came out of a two year fog now that I am not longer chained to the methadone clinic who was absolutely no help when I broke my leg and was unable to leave my house. - Brianna Pierce

***#185 : Kratom not only saved my life, but gave my life
back to me!***

After an injury in 2005 i was written script after script of opiate medication, increasing dosage almost every time. By the time the war on opiates was in full swing I had grown extremely physically dependent on opiates just to function.

When Dr's "cut me off" i was in a world of pain and anguish. There i was, a thirty something year old stay at home, home-schooling mother going through street pushers and drug dealers just to be able to get out of bed and care for my family's needs. This was a very dark time for myself and my family! I had hit bottom and was very suicidal after having tried rehab several times to no avail. Then someone finally told me about this wonderful, natural, God Given plant. Kratom not only saved my life, but gave my life back to me! Ten years later here I stand tall and I wouldn't take a pharmaceutical if some one paid me to do so! This plant is a miracle!! - Jeannie A.

***#186 : Kratom saved my life and several family members,
we were victims of the opioid epidemic***

We would have never been able to get off the horrible pain medication we were on without kratom because the withdrawal is so awful. - Lindsay Pelischek

#187

Thank God for Kratom! After three rehabs that failed and over 10+ years as an addict I'm now two and a half years clean and was able to get off my antidepressants successfully

❤️ I'm the mother I'm meant to be - Michelle Cox

#188 : Life is 100 percent better thank to kratom

I have RA and fibromyalgia. I was put on so many medications for 12 years and wasted tons of my insurance providers money! I never got better on those meds, only worse! Then I became addicted to the opiates and sedation I was prescribed. Came close to losing my life and my marriage. I started using kratom and my life changed! My husband of 32 years and me are out doing things we haven't done in years! I'm so strong physically now. I no longer go to doctors for pills or anything. Life is 100 percent better thank to kratom! - *Terrie Taylor*

***#189 : I abused alcohol and opiates for over 25 years until
I tried Kratom 16 months ago***

It immediately took away my desire for both and I've been sober ever since. I have my life back as well as my self respect and the respect and trust of my family and friends. I can't imagine my life without Kratom. - *Michael Allen*

#190 : Kratom has helped me save my life

I used to be addicted to anti-anxiety medication (benzo's like Xanax and Clonazepam), pain medication, and heroin. Without going in to detail I'm sure many who read this will think, "He's lucky to be alive". Without kratom I would not be. I was able to find the relief I needed for pain and social anxiety with the help of kratom! Kratom is not sedating or stimulating like a narcotic. It's more like the stimulation you get from a cup of coffee or two in the morning. Or the kind of

relief from drinking a warm cup of Chamomile tea. It's this mild and it relieves serious pain! It's a miracle really. It baffles me that the government doesn't study this and realize it's benefits because like marijuana they could be taking and making money from it! Also it would create many jobs. It would be studied in-depth with the top scientists in the world! That would be amazing to humanity. Kratom has saved my life. Without it I had a higher chance of going back to narcotics in the beginning of my recovery. It helped me through the trying times in the beginning and now I just enjoy it maybe two times a day like millions of Americans with their coffee (or tea). Please consider our stories, kratom saves lives! - *Anthony Humbles*

#191

Kratom saved my life! I was a I.V. Opioid addict of 10 years, until I found Kratom! After taking it for a couple years, I weaned off the Kratom. Now I'm clean, and living my best life! - *Danu Parker*

#192

I was a 15 year opiate user and I tried Suboxone to quit, and every other treatment under the sun, and nothing worked. Kratom saved my life and my marriage. It's been years since I've had any kind of opiates and it's all thanks to Kratom. - *Christopher P*

#193

I was stuck on opiates and alcohol for years. With God and the help of this plant I have been sober for 5 years! Please do not allow this plant to become illegal. It has saved my life and manages my pain without any opiates and not even Tylenol or Advil! - *Kris Johnson*

#194

If I never discovered Kratom I'd probably be homeless or dead from my 14+ year painkiller addiction - *Ray Shine*

#195

I'm off pain pills that I was on for 19 years! Kratom has given me my life back. - *Lin Briggs*

#196 : I have been sober for almost 2 years thanks to kratom

I was drinking all day everyday to numb myself, and had an every day opiate habit for about 15 years. I suffer from depression and anxiety and major back pain. Kratom helps with all 3. I don't get "high" from kratom like I did from alcohol and opiates. I have a clear head and can focus better at work. It's all natural and is in the same family as coffee so it helps with energy as well. Since I found kratom my life feels "normal" and I'm a better Mom and I'm gaining back my self-worth because I am accomplishing things I never thought

I would. I'm not dependent like I was on drugs and alcohol -
Erika Anderson

***#197 : Kratom has allowed me to get off 17 different
pharmaceuticals***

It has allowed me to be able to live a normal life and be a productive member of society once again. I can do things with my grandkids where I once was stuck on the couch all day in pain and depression. This plant needs to be legal in all 50 states. It has the potential to do so much for others as well. - *Kathy Turner*

#198

Kratom saved my life. It's the only thing that has allowed me to stay off drugs for the last 5 years! - *Scott Henderson*

#199

I started taking Kratom when I had an impinged nerve and was diagnosed with degenerative disc disease. I've been taking it for 2 years. I was addicted to opiates and Kratom kept me off of them. - *Sandy B*

#200

Kratom saved my life from years of drug abuse and I am now a great Dad to a 7 year old beautiful daughter. - *Todd Winters*

#201

After being addicted to heroin for over 15 years, kratom has given me my life, work ethic, and family back. It saved my life. Please do the right thing and let us live - *Nicholas Wayne*

#202

Used daily for anxiety back pain and mood lift. Also used in the past to relieve opioid withdrawal symptoms. All with minimal negative side effects. - Steven Darish

#203 : *This plant saved my life and gave me life!*

I'm a wife, mother, and full time employee. I was a slave to prescription pain killers for 20+ years due to my severe migraines, as well as other health issues. I've tried many times to quit opiates, but it was nearly impossible due to the excruciating withdrawals. That is, until I stumbled upon the amazing plant, Kratom. I've been supplementing Kratom for 14+ months now with amazing results. I can truly say I no longer have the urge nor the desire to pop opiates. I'm happy (not depressed), I'm healthy, I'm full of life again, socially functional, and highly productive. My headaches are nonexistent for the first time in years! Kratom has made a huge impact in my life, and I would be completely devastated if my rights were taken away to consume this lifestyle choice as the improvement to my health and well-being. This plant saved my life and gave me life! It's the first time in years that I feel 'freedom from opiates'! - *Kelly G*

#204 : Since using Kratom, I have no need for dangerous narcotics which I previously sought

I first used Kratom while in southwestern China where locals drank Kratom tea. I find Kratom equally as efficacious as classical opiates and opioids without danger of overdose or serious addiction. The mild stimulant properties and analgesic potency make it a good way to start the day without back pain, joint pain, or anxiety and restlessness. Since using Kratom, I have no need for dangerous narcotics which I previously sought. As a biomedical researcher I have observed that Kratom alkaloids tend to suppress cravings for other drugs and behaviors. With Kratom I have also stopped smoking and drinking. - Rick Fowler

#205 : I've been taking Kratom for almost 1.5 years now. Since then I have gotten my life back in many ways!

I no longer have to worry about my next fix or if tonight would be the night I die! It's made me a better person & Kratom has gave me my life back! It just keeps getting better everyday! If I could not get Kratom it will forever changed me yet again but this time for the worse!! I beg you to hear & listen to all our story's down to the littlest details! Kratom saves lives it doesn't harm them!! For we the people have spoken I pray God hears us & can show others Kratom is a gift from God a leaf from a tree! 🌿🌲 = ☕ = Happy & Healthly = 😊 A Happy Family 👨👩👧👦 - Donna Lynch

#206

I used opioids ever since I was 15 years old. Started with hydrocodone. Furthest I went was 80MG of oxy. I found kratom a few years ago. To be honest I DIDNT think it would work. Thought it was one of the thousand “get relief remedies”. Now I use it everyday. I stick with the white strains. Mostly maeng da or Sumatra, kapuas, etc. It’s literally a MIRACLE plant. It’s help me so so so much. Now I have such a good job and make Excellent money. My advice is (if you have withdrawals and or no energy and pain as well) TRY this. You will not regret it. It’s changed my life so much. I broke down and cried after a while using this because I was no longer craving opioids. Please try this product it’s simply the best remedy I’ve tried. - *Garret R.*

#207 : I have not smoked or used other drugs in over two years

I was a teenage methamphetamine addict and a two-pack-a-day cigarette smoker. I was on the verge of suicide, estranged from my family, and had lost most hope of ever accomplishing my dreams. In part thanks to discovering kratom at the age of eighteen, now, at twenty years old, I have graduated from community college with a communications degree and a 3.9 GPA. My relationships have become profoundly more honest, and I have not smoked or used other drugs in over two years. I take around six to eight grams a day, divided into 3-4 doses of around 2 grams each.

This is not, by most standards, considered heavy use, and I have been able to maintain this dosage for around two years with no serious temptation to increase it. Discovering kratom, for me, marked a turning point in a lifelong struggle against severe, treatment-resistant depression. It has helped me to enjoy life more fully, giving me energy to read books, play guitar, draw and write when before, I simply couldn't focus for any substantial amount of time on such hobbies. Of course, kratom was not the only factor in my rehabilitation against such horrors--much of it DID come from myself--but kratom was undeniably a catalyst for change. One day, I may quit. For the last two years, though, it has filled a black hole that had long threatened to kill me. There are many others like me, and some of them have it much, much worse. If kratom is declared illegal, I will try my hardest to thrive in spite of that. Resilience is one of my favorite human traits. But I would be lying if I said I wouldn't be tempted to return to hard drugs--or perhaps even to take my own life--in the case of such an event. I genuinely believe that if kratom is declared illegal, there will be many suicides and overdoses as a direct result of it. In 2017, 70,237 people died as a result of the opiate crisis. Many of these were prescription drugs, ones that, unlike kratom, have proved incredibly profitable for pharmaceutical companies. It all seems pretty transparent to me: there are people out there who are looking at the facts and saying: "my bottom line is more important than human life." Please, I beg you--stand against these people. Do not stand with them. The dangers of kratom are not comparable

to the dangers presented by hard opiates or even alcohol. What is this fight really about? Does it truthfully have anything to do with public health, or is all a bunch of selfish trickery verging on the downright murderous? Please, please think deeply about this. - *Zach Telfer*

#208

I've been using kratom for over 2 years now. I first used it to help my withdrawals from suboxone and opioids. I only knew about kratom from seeing ads online and such, but when I first used it, it was a God-send. I got all my energy back, I was happy again, I felt like myself again. It was amazing, I never knew a natural plant could help me this much. Now after 2 plus years of using it I don't even use ibuprofen for headaches. Kratom keeps all my pain away and even works great for minor toothaches. I have even helped a few friends by sharing it with them to get off hard drugs. I love this plant and will intend on using it for my sobriety. Please keep it legal, this is my life we're talking about, thanks very much for understanding. God bless - *Jeremy Blauss*

#209 : *I no longer have even the urge to use my drug of choice*

Kratom has helped me to become a mother again. I was addicted to a drug. Kratom not only helped me beat that addiction but helped me stay off of it. I no longer have even the urge to use my drug of choice. Please don't make it

illegal. It can truly help fight and win our Opiate crisis in the US. Thank you for taking the time to read my story. Also Thank you for considering to not take away something that could help so many people. - *Juanita Caldwell*

#210

I was addicted to pain pills for a few years until I found kratom. It has done wonders for my mood, my pain, and my life in general. - *Ryan Mayes*

#211

I was an addict to Pharmaceuticals and Heroin. Been off them all 3 years now because of this plant, and in my opinion, this plant should be kept legal so people like me don't get caught up in synthetic opioids, opiates, and street drugs. - *Eric Taylor*

#212

After 20 years of opiates prescribed by a "Professional Pain Clinic" for my Radiation/Cancer Chest pain, 3 herniated discs in my lower back, and 4 broken neck bones that subsequently caused severe arthritic neck pain, I separated from my husband in the Seattle area and moved to Illinois. This is when I was forced to VERY RAPIDLY detox from opiates. The new doctors simply REFUSED to listen to my dire complaints that the rapid detox was too debilitating!!! This is when I learned about Kratom. Without Kratom, I could have never

survived the inhuman adjustment. The pain was excruciating and debilitating. Kratom allowed me to get out of bed, and while I'm still adjusting to life without opiates after 20 years, at least I'm functioning thanks to Kratom! If they make Kratom illegal, it's just going to cause it to become another black market product that could become dangerous. PLEASE JUST LEAVE THIS ALONE AND ALLOW US TO USE IT! IT'S WORKING FOR SO MANY PEOPLE! The government has forced Doctors to fear treating pain. The danger is primarily in fentanyl laced heroin! I fear what may happen if Kratom can no longer be obtained easily and legally. - *Susan Woody*

#213

Kratom helped me detox from Suboxone, which is even harder to quit than Heroin. With Kratom I can live my life without having to take very addictive and harmful pills. - *Amanda Wooten*

#214

Kratom is great. It is a gift from God. It saved my life. It saved me from deadly pain meds that were killing me and my family. Please leave it on the market for everyone to use. It is just a leaf on a tree. It is dangerous to no one. Thank you. - *Richard Lee*

#215

Kratom saved my life. I was an addict for years, saw no hope for myself because it was all I thought about. Kratom gave me my life back, I've made more progress in the last few years taking kratom than I have my whole life. This plant genuinely helps people and it should stay legal. - *Tyler Cox*

#216

Kratom saved me (and millions of others) from a miserable existence of pain and addiction. I would have likely died if I had not found Kratom. I am finally free to live my life - *Keri Mann*

#217 : I no longer have the need for doctor prescribed pain killers!

I started using opioids legally written by a doctor about 5 years ago for chronic pain associated with the west Nile virus. I started taking Norco 5's then 7's then 10's. I eventually got up to Norco 10/325 4x a day. I also have Epstein-Barre (extreme fatigue), PCOS, two bad hips (hip dysplasia), bipolar depression, arthritis and high blood pressure. I am 32 years old! After about a year worth of taking those pills my dose began to get higher and higher as the smaller dose was no longer working. At that point I also knew that I had become dependent on them. Fast forward 4 years, I was now on Norco 10/325mg 5x a day. Even with that much I feel like they are not working anymore. Without them I couldn't

function like a normal human being. Laying in bed for days, I also have 3 young kids to take care of. My mental state was diminishing. I became very depressed because I couldn't even get up to use the bathroom some days. So I got fed up and started looking online for alternatives to take care of my extreme pain that I was going through. I spent hundreds of dollars on trying new things, lots of herbal supplements and I even tried CBD and THC. I hated the way THC made me feel. CBD and THC both did nothing for my pain. I was about to give up and face the fact that I'm going to be stuck taking Norco, until one day on my online searches I ran across a tree leaf in the coffee family by the name of Kratom. I thought well I'm just going to be wasting more of my hard earned dollars on something that isn't going to work, but I did it anyway because I was desperate to find something besides BIG PHARMA meds to help give me a normal life. After doing some research and reading hundreds of reviews on Kratom I decided to drive to a smoke shop and picked up my first bottle of Kratom. I took 5 grams and less than an hour later I just couldn't believe I didn't hurt! My pain was gone. I didn't even need to take my pain killers all day that day. First time in 4 years at that point that I didn't take my pain killers! I was in tears! I knew right then and there I needed to do as much research as possible. I spent hundreds of hours over the last year doing research, joining kratom groups watching documentaries about this wonderful tree! I've been taking Kratom for about a year now and since I started over the past year I no longer take meds for high blood pressure, bi-polar

depression, or PCOS. I no longer have the need for doctor prescribed pain killers!!!! A couple months ago I got a blood test after being off of all my pills for 3 month and for the first time in years my blood tests were amazing! Those pills were killing me! Screwing up my body at such an alarming rate! Kratom takes my pain and fatigue away completely! My marriage has also improved 10 fold. Im not a cranky woman because I don't hurt anymore. Kratom is my life saver hands down. Please don't take this away from Millions of us, if you do you will be killing millions! KILLING MILLIONS! Kratom is way safer than Opioid pain killers! There is an opioid crisis in our country right now and kratom is your answer! Please spend the money for more research and you will find that this is a much safer alternative! This is me pleading for my life, please don't make me go back to using pain killers! - *Faedra Taylor*

#218 : Kratom has helped me stay off of opiates.

I prefer this over Suboxone. It helps give me a boost of energy, helps improve my moods, and helps me get some sleep. I feel they shouldn't try and limit access to another natural medicine from the public. - *Sheila*

#219

Kratom has been a life saver for me! It really helped me get off opioids! - *Danna Porter*

#220

Please keep kratom legal. It has helped me transform from an opioid addicted drain on society to an upstanding citizen that can raise a family and flourish in a job. I cannot say enough good things about this botanical aid. It DOES matter to those of us that need it in our daily lives. - *Luke Dykes*

#221

My entire life from 16 years old and on I've been addicted to drugs and alcohol. Now that I'm clean and sober I use Kratom for pain control due to degenerative disc disease and arthritis without risking my sobriety. I also struggle with bipolar disorder and depression and my life has changed because of Kratom. I no longer need medication for either of these. If Kratom is made illegal it would devastate my life as well as the lives of so many others. - *Marsha Rice*

#222 : Kratom is one of the only things that helps keep my cravings away that is also safe and affordable and easy to access

I'm in recovery after being addicted to heroin for almost 10 years. If the doctors had their way they would have me on methadone or suboxone for the rest of my life. I had a friend overdose and die on methadone just yesterday. Kratom is one of the only things that helps keep my cravings away that is also safe and affordable and easy to access. With suboxone and methadone you stay physically addicted and you run the

risk of OD if you take too much. Kratom does not require you to take it every day. It helps withdraw initially, but after that you take it as needed. I'm begging you, if we keep these harsh, fatal other routs of 'harm reduction' legal like methadone and suboxone, we should be able to have one all natural, benign, non physically addicted, option that is sold over the counter. Just me personally I know hundreds of people who have gained a manageable quality of life just by taking this leaf. Please don't take this from us. If you do you will only be taking an effective tool out of recovering addicts hands and contributing to the death toll that street and and big pharma have plagued this country with. It would be a huge mistake making the powerful plant medicine illegal. It is no different than any other supplement on the shelf people use at third own discretion to treat any other ailment, except for the fact that addicts do not have any other safe over the counter means of managing their addiction. Kratom is the only one and it would be a crime against humanity to take it out of the hands of those who suffer and crave a better life. -
Kyle Gidley

#223 : If i would have known about kratom years ago, I can safely say i would have been clean from narcotics far before I was

Yes it can treat pain and withdrawal, but this barely scratches the surface. It has helped me with my anxiety and mood immensely. It is an extremely safe alternative to illegal

narcotics. I feel the only reason the push to make it illegal, is due to losses to big pharma. - J M

***#224 : Kratom has completely changed not only my life
but also my Mother and Husband's life***

I have taken Kratom on and off for 6 years now and it has completely changed not only my life but also my Mother and Husband's life. At one time I was hooked on addictive opioids and anxiety and depression meds to get by everyday and it almost ruined my life. I now can go on with life everyday pain free, no longer dealing with severe post partum depression and anxiety, and all with a clear mind unlike what opioids and some anti anxiety and depression meds did to me. Kratom also helps my husband who deals with severe anxiety from PTSD, a man who served his country for 14 years. If it wasn't for this plant I don't think I would still have my wonderful husband around. The same goes for my Mother who has struggled with addiction for well over 15 years. Kratom has kept her clean for 5 years now. I am asking that you think about what you all would be doing by making Kratom illegal. Think about all the lives you will be effecting, essentially ruining them, forcing them back into the arms of opioid abuse. This plant is not harmful, not addictive and absolutely should not be illegal. I hope that each and everyone of you will listen to everyone's stories and really understand that this is not necessary and not ok. - *Jessika Branch*

#225

Kratom has helped treat my pain and anxiety tremendously while supplementing the withdrawal symptoms I had from years of taking strong addictive painkillers and benzodiazepines. I also strongly believe that Kratom is the permanent solution for the growing amount of people who are addicted to Opiates. It is a much better alternative for them instead of succumbing to a life long term of Medically Assisted Recovery medications such as Methadone and Suboxone. - *Nicole Tardiff-Brooks*

#226

Without Kratom I would still be an addict - *Maan Asal*

#227

Kratom helped me get off suboxone and has helped my husband with chronic pain and fatigue! - *Jennifer*

#228

I used kratom to get off of 10 years of opiate abuse and 3 years of suboxone. I still use it several time a week for pain and mood - *Robert Fields*

#229

I have been using Kratom for years for back pain and for my drug addiction, and thanks to Kratom, I have been drug free -
Matt R.

#230

After being on opioids for over 20 years and with nowhere left to go, I tried kratom for the first time a little over 2 years ago. I was forced to go cold turkey off of my medications, so I had nothing to lose by trying kratom. Two years later I am so grateful for this plant. I am able to function to a certain extent that I was not before. Yes I am still disabled but at least I have a clear head and the energy to accomplish many daily functions that I was not before. - *Suzanne Johnson*

***#231 : If it weren't for kratom, I'd either be dead or in jail
from pill or heroin addiction***

This amazing plant has and will continue to save lives and better people's way of living. Just because you don't understand this plant, does not mean it's bad. The PILLS that are pumped out to millions of people are a huge problem in this country... this WORLD. Don't condemn something just because you don't understand it. - *Glade Longmore*

#232

Kratom keeps me away from benzodiazepines for anxiety and painkillers for pain - *Jack Coreen*

#233 : 2 years later, totally free of opioids

I had started my pain relief journey being prescribed Hydrocodone & then eventually was assigned to a pain management clinic where things were on the up & up. But that still didn't keep me from eventually getting addicted & from there, it was a downward journey into hell. I got to where I'd consume a 90 pill Rx in as little as 8 days & then suffer horrible side effects without the drug until the time I went back next month. This continued for 12 years, each year getting worse & worse, until one day in combing the forums for a way to substitute anything I could find, I came across this word "Kratom." So I read more & more about it & determined from everything I read, it was safe, yet so many stories of folks just like me who were able to break their addiction to opioids & in very short times broke free of that jungle yet boasted of total pain relief. So the rest is history, after I tried Kratom and found the same thing was true in my case. So here it is 2 years later, totally free of opioids, certainly not spending anywhere near the same amount monthly, yet enjoying life so much better & without pain! -

Kenneth Hearrean

#234 : My son is a recovering heroin addict and he relies heavily on kratom to keep him from relapsing

He has almost died 3 times when using heroin. Kratom has no bad effects on him. I am thankful it is keeping him from using heroin again. Please make sure kratom stays legal so

my son will not die before I do. Thank you for listening to my story. - *Scott H. Nearing*

#235

I have used kratom for anxiety, pain, and severe opioid addiction, and my life is ten times healthier and more satisfying. - *Dan*

#236

Kratom helped my wife to quit taking methadone. Without it she would probably be another opioid statistic. - *James Watson*

#237

Long story short about 4 years ago I was hooked on pain meds (oxycontin). My daughter happened to see an article on Facebook about kratom, and talked me into trying it. I haven't taken any pain meds since. Kratom saved my life. Kratom must stay legal! - *Stefanie Sapp*

#238

I struggled for years with drugs, and Kratom gave me a way to enjoy life and be a part of life with my family. Kratom also enabled me to not have to take high-risk life choices. - *Kirk War*

***#239 : I have had a very happy, meaningful, and
productive life thanks to Kratom***

I am legally disabled due to 5 conditions that keep me in constant pain. I became a victim of legal addiction after Drs. told me that pain meds were my only hope. One day I realized that pills were in control of my life, and I no longer was. I went through a horrific cold turkey withdrawal, and chose to exist in pain. My life no longer had purpose, meaning, or joy since I was confined to bed due to pain. Then I found Kratom! For nearly 3 yrs now, I have had a very happy, meaningful, and productive life thanks to Kratom! I no longer walk around like a zombie from narcotics, my mind is clear, and my pain is under control. I know several people who have stories similar to mine. Kratom is a healthy option for people who would otherwise have no options. I had surgery in July and had to stop taking Kratom 2 weeks prior to surgery, and 2 weeks after surgery. I missed Kratom, as it controls my pain much better than pain meds, but I had no negative reaction to stopping the Kratom. I did not go through withdrawal, or have any other negative side effects from stopping the Kratom. - *Celeste Botello*

#240

I was a heavy opioid user and got clean from those. I now use kratom to manage pain and rest easy. - *Cody Cripps*

#241

I was a very heavy pill user and took oxies, roxies, and perks, and I had withdraws that were really bad. Now I take a Kratom dose every day and I have been clean from drugs for 3 years. I thank God for kratom everyday because it truly changed my life, not to mention that it helps with my anxiety and sleep and energy. - *Chryssa Cripps*

#242

A close friend overdosed on morphine. She was in constant pain from multiple neck surgeries. Using kratom she was able to quit taking all opioids for pain. In terms of both cost and lack of side effects, kratom has been a life-changing experience. - *Robert Lanier*

#243 : I take Kratom every day, and have been off opiates over five years now

I've been taking Kratom over five years now, and it has dramatically changed my life in a positive way, because I was on opiates and down a very dangerous path of addiction and crime. Now, I take Kratom every day, and have been off opiates over five years now, and it also helps my carpal tunnel as well as daily tasks managing pain. I also have a history of depression and anxiety, which Kratom helps with both as well. I do consider it a miracle leaf, because it has so many potential medical benefits that are unknown at this point, because they are failing to categorize this substance

accurately. I'm not a doctor, but I am an expert of my body and how I feel. I have taken Kratom for several years daily, and I'm as healthy as I have ever been, quitting far worse drugs in alcohol, opiates, meth, and cigarettes. Those four things belong in the same category with the death and destruction they cause. I have also been to the doctor several times, and I'm quite certain they would have told me if something was wrong with taking Kratom everyday. The only so called "deaths" from kratom are false positives. They have been mixed with several other deadly substances that are the true cause of death. I think we have been down the road of prohibition a few times now, and it doesn't work, we all know that. Criminalizing Kratom would be a very bad mistake, you would potentially be turning millions of people back toward opiate addiction and crime. Please think about how many lives are at stake here, because it will reach your doorstep just like the corona virus if not dealt with appropriately. -

Nicholas Fraser

#244 : Kratom has reduced my dependence on pharmaceuticals, quelled my life anxiety, and propelled me through law school at a top institution

It replaces coffee and it replaces alcohol. I am calm, social, and thoughtful with Kratom. That this plant could be banned while alcohol, prescription benzos and stimulants, and tobacco are legal is concerning to me. As an avid reader of medical literature and FDA history, I would be ashamed to exist within a federal government which bans this substance

whose benefits are strong enough to justify a robust analysis of the safety and efficacy of this product. Banning Kratom will spawn black markets where doctored products may become more dangerous; at least now there are trustworthy vendors whose product is as advertised (I run analyses on the products to check for purity). I am young, very active, and motivated, and Kratom enhances my life. There are others who turn to Kratom for pain treatment, relaxation, focus, or well-being, with many moving from alcohol or anti-anxiety medications to Kratom. The fact that this trend exists should spawn government sanctioned research into Kratom, NOT a government ban of Kratom itself. Come on guys... - Casey Collins

#245 : As a recovering addict, kratom helped me to live a normal life

2 jobs, 55 hours a week. Then probation took it away from me. I'm being threatened with jail. What are my options in this situation? It's tough being it's not even illegal in my state. This is just plain wrong. Kratom has helped me to live a productive life with fibromyalgia. Guess I just suffer now? - Amber Victorio

#246

I am a recovering addict with chronic pain and other health issues. Kratom has helped me to live a somewhat normal life without having to be dependent on pills and narcotics that

would set me right back down the path I fought so hard to be free from. Please keep kratom legal and let us be the ones to decide what we choose to put in our bodies. It is my legal right to be able to use natural alternatives to manage my health instead of being part of the epidemic sweeping our country that is the opioid epidemic. Thank you for listening to my story! - *Avis D Garcia*

#247

I've been taken kratom for about two years now. I was using morphine heavily, sometimes taking 20 or 30 of the 30 milligram pills per day. I went to rehab after 10 years of back and forth with morphine. I stopped taking it and was clean for years but always had chronic back pain and joint pain. After 3 years of just dealing with constant pain I found kratom and it literally saved my life. I'm now active, I work a great job, I spend time with my kids. Without kratom I would not be able to function - *Brian Miller*

#248

Kratom has helped me to stay away from all the evil opioids. Please let the people make the choices that are best for them. Regards - *L. Alex Howard*

#249

This plant has changed my life, period, and it helps many others to never have to hear the phone call my family had on

11.30.17 when my oldest Son, Mike Jr., had died from an overdose of fentanyl!!! Keep this plant legal, or i am afraid alot of families will get that phone call if they don't have easy access to kratom. - *Mitra Mike*

#250 : I've had a normal life since I started using Kratom

I'm a 7 years clean recovering opiate and benzo addict. The pills started 2009-2013. From age 16-20 I was a meth addict. I have a very long list of physical ailments such as congenital spinal stenosis, shoulder impingement, muscular problems, tendonitis, fibromyalgia, ovarian cysts, vertigo, and I'm completely riddled with arthritis and bone spurs and more. I also have some mental illness such as bipolar, PTSD, cognitive distortions, mild agoraphobia and other weird diagnosis I can never remember. I was on 13 different meds for legitimate reasons but in 2010 my son was diagnosed with a rare cancer called Langerhans Cell Histiocytosis. Needless to say, I abused my medicines due to the stress of life at the time. Not necessarily to only "get high" but it was how I got out of bed without getting sick. It made me relax and I was able to focus on my kids rather than curl up in a ball and not deal with reality. Realistically though, I became highly dependent on pain pills to a point they didn't work and I took them in handfuls. I went through drug counseling and the methadone clinic, doctor after doctor. Bottom line, after I got sober in 2013 taking myself off of benzos, opiates, muscle relaxers, psych meds and nerve blockers I felt like it was the end of the road for me as far as pain management

went. I suffered through the pain and just focused on staying clean. It took my brain a while to get back to "normal". Any recovering addict knows that you're in fact completely different and healthier minded after cleaning up. So I thought I just had to deal with my list of burdens with no relief for the rest of my life. My best friend turned me on to Kratom in 2015. I was sceptical about it at first, ONLY because I didn't know much about it. And I had that addict stigma that I'd "be judged" I looked into and I thought "ok I'm hurting and I need to do something" so my first time using Kratom I put about 5 grams in Crystal light drink mix and water and I dipped in it for a few hours and I couldn't believe the results. I could actually function like a person with little to no pain. Just like a pain killer though, it doesn't "take the pain away", it keeps the pain at a manageable level. I've had a normal life since I started using Kratom. I don't know how I'd manage my pain without it. Now I don't say that because of addiction, because you don't become addicted to it. I've never once felt like I "needed it" like I would "need" a Percocet or Morphine. You don't become dependent on it. I've never had withdrawal symptoms from it. I can go weeks without it if i wanted to, and I have. But if I didn't have Kratom I don't know how I'd manage my pain. I have so many problems that ibuprofen or Tylenol is a joke. I'm more than sure that anyone who takes it for these reasons feels the same way. It's not just a cool hip designer drug like skeptics make it sound like like, it's no different than drinking a cup of coffee, and I've gotten in some pretty heated debates with co-

workers about the subject. It's safer than alcohol. It's safer than pills. It's as safe as cannabis. The people I hear negativity about Kratom from the most are people who take pills or drink alcohol... Hmmmmm... What they trying to justify??? And may I also add that 3 out of 5 people I talk to about Kratom and also argue with them about it, they actually end up using it and getting off alcohol and pills. KRATOM IS OUR MEDICINE. It keeps me calm also. I haven't had any manic episodes anywhere near close to what I used to. I've been admitted into a mental institution before for completely losing my mind, and guess what? I was on all those nasty psych meds that the doctors claimed that I "needed". Kratom is a miracle plant. We should embrace it and respect it and appreciate it for what it is. - *Alexandra Harley Peskofsky*

#251

I know several family members that have gotten off of using opiates with Kratom. Please do not ban it. It is a great and much healthier alternative. - *Jeremy Woolston*

#252

I have helped many people get off of heroin and many other drugs by using Kratom. It would be a crime to make Kratom illegal. - *Gary Jones*

***#253 : Kratom saved my life from Opiate addiction and
Heroin abuse***

I have been clean 8 years now thanks to Kratom and have successfully turned my life around. This is completely safe with no harmful side effects in my experience. I have fought depression my whole life and with Kratom it has become manageable. Please keep this plant legal - *Tim Keidel*

#254 : Kratom saved my life in 2017

I overdosed & was on a ventilator in ICU for 9 days, then they took me off. I had aspirated pneumonia. I was not aware of the half-life of morphine. After coming off the ventilator my husband had been researching something to help me get off all opiates. He found kratom. He asked me if I would give it a shot. So I said yes, of course. I was not ready to die. So we went home & I was able to get some, thank God. I'll tell u what, it took care of my pain much better than any pill ever did. There's a ceiling effect on kratom, so you can't get high! You just feel better & have a reason to do things again. If it was not for Kratom, I would not be as good of a mother, granny or wife. This plant saves lives, not takes it. Thank you.
- *Lisa Bowen*

#255

By using Kratom capsules I was able to get off opiates. I don't know what I would do without Kratom. - *Brian Turner*

#256 : I tried Kratom and the result was incredible. I no longer craved opiates

Several years ago, a doctor prescribed opioid pain medication to me for a chronic hip pain issue which was due to a motorcycle accident that occurred earlier in my life. I eventually became dependent and then addicted to the prescribed opiates. When my dependence on opiates increased and started to spiral out of control, my doctor simply cut me off completely without any treatment plan or weaning period. I sought treatment on my own and another doctor prescribed buprenorphine, which is another opioid that is used as an addiction treatment medication, but when I lost my health insurance due to layoffs at my company I could no longer afford the prohibitive cost of the medication. A friend of mine had previously mentioned kratom as a less expensive natural alternative to opiates, but I was skeptical until after I could no longer get the buprenorphine, so I tried Kratom and the result was incredible. I no longer craved opiates, I could function normally in my work and family life, my hip pain was/is very manageable and I have not increased my dosage or frequency of use at all in the last 5 years. This natural remedy has absolutely changed my life for the better and I have heard similar stories from so many other people in a similar situation to my own. I am a productive and functional, tax paying member of society, not a burned out junky living on the streets or dead which is how I probably would have ended up if I had turned to a different

alternative. Instead I am a successful program manager for an Internet technology company and live a fulfilling life thanks to the benefits of Kratom. If it is scheduled and made illegal it will absolutely create chaos and ruin countless people's lives and prevent many others from realizing the benefits of a safe and inexpensive alternative to deadly opioid pain medication and black market opiate street drugs. -

Timothy Arnold

#257

I used to be addicted to prescribed opiates and was put into a suboxone program (more prescribed opiates). Fortunately, I then found kratom and it has saved my life. - *Kait*

#258 : Kratom has gotten me off of opiates and it should be 100% legal in my opinion and in the opinion of everyone I know

There is nothing wrong with it if used responsibly, just make sure it doesn't have a reaction with any other medications you may take. Some doctors won't even research it and just go off of something false they heard because big pharma doesn't want to lose all that money. It has worked great for me and it's nice there are different options for different effects. We have to keep this legal for so many reasons -

Jeffery Bryan

#259

Kratom saved my life and reduced my dependency on opioids. - *Diyaa Hammad*

#260

Narcotic free for almost two years from opiates and benzodiazepines thanks to Kratom. Also no alcohol - *Joey*

#261 : I had started to take Kratom daily. I quit drinking, and didn't take any drugs whatsoever

Before I discovered Kratom I was a drug addict and an alcoholic. I saw Kratom on the shelves of a local smoke shop. I asked the cashier what it was, and he kinda gave me a quick description of it helping with anxiety and stress etc. Well after I left I decided to do my own research into Kratom. I found an entire world of information about this leaf off a tree that grows in SE Asia. I had been battling addiction for years at this point and thought, why not give it a try. Well I went back to the smoke shop and picked up some Kratom. When I got home, I took the recommended amount based on the information I found online. After about an hour I realized that I had virtually no craving for any drugs or alcohol. This was a strange feeling because I had been so used to always being on the go trying to find my next fix. Time went on, and I had started to take Kratom daily. I quit drinking, and didn't take any drugs whatsoever. I felt like I had turned my life around without even realizing it. Today, I'm even able to have

1 drink with dinner every now and then without even wanting to get intoxicated. Kratom helped me better myself and make better decisions, and still does to this day. - *Walton Grohman*

#262 : I started taking Kratom and in two weeks I was off pain meds completely with little to no withdrawal symptoms

I was on a combination of very strong pain meds for 4+ years. I tried to stop several times with no luck until I heard about Kratom. I started taking Kratom and in two weeks I was off pain meds completely with little to no withdrawal symptoms. This stuff is a miracle and the world needs Kratom to get out so other people can benefit from it. Kratom will save lives, I'm proof. - *Michael Schwindt*

#263

Kratom helped me detox off Suboxone - *Chris Fistunen*

#264 : I was addicted to opioids for 10 years. I started with Kratom 3 years ago and have never looked back

If you take this product off the market you will be putting 100s if not thousands of people in great jeopardy. This product has saved my life and has brought me back to being a productive part of society. Please think twice before your decision is made - *R West*

#265

This miracle plant saved my life and got me off of strong pain killers that had been prescribed to me for over 10 years! We need this plant for our future! Plants, not pills! - *Sean Sommers*

#266 : I was on OxyContin and meth for 10 years straight and finally got off by using Kratom

Kratom helps me live a normal life without the craving of drugs. With Kratom I am the man my family needs. Without Kratom I might not be here today. 3 years clean thanks to Kratom. - *Zachary Prince*

#267

I used kratom to get off opiates after knee surgery years ago, and continue to use it in lower dosages as a replacement for coffee and to help during training or when my arthritis in my knee flares up. - *Matthew McAllister*

#268 : I have used kratom for 8 years now. It replaced 14 pharma. drugs I was on

Strong pharma meds, everything from antidepressants to pain meds, anxiety meds, migraine meds etc. I have never felt better or been happier in my life. Kratom maintains ALL my symptoms. I can show up and participate in my own life now. It is not for everyone. I prefer to go natural. My life, my right and certainly my CHOICE. I am 62, former business owner

and I'm on SSDI. #KratomSavesLives, #PlantOverPills,
#KratomEducation, #AKA, #KratomUnited. - Susan
Carpenter

***#269 : I was addicted to heroin and methamphetamine
both of which I have not used in two years since I
discovered kratom***

I have been using kratom for over two years for various health conditions, as well as grief associated with the passing of my grandmother. I use it for chronic pain instead of highly addictive pain killers that were once prescribed to me. I was also addicted to heroin and methamphetamine both of which I have not used in two years since I discovered kratom. I use it to help with anxiety and depression associated with PTSD, brought on by being involved in a road rage incident that was not my fault. - Andrew B.

#270 : I am now over 5 years free of opiates

I was a slave to the pharmaceutical industry! I went to pain management monthly and was deathly addicted to opiates. After my husband learned of this plant I began ordering it. My withdrawals disappeared and I no longer desired the thing that controlled my life. After learning that this plant is in the coffee family I felt so safe using this plant! I am now over 5 years free of opiates and only occasionally use Kratom. It controls pain AND anxiety, eliminating my need for xanax

as well! This plant has absolutely saved my life! - Dawn Watson

#271 : Because of Kratom I no longer have to take dangerous opiates and other medications

I've been taking Kratom for a couple of years now and it's an absolute lifesaver. A ban would devastate me and my many friends across the country who take it. I take it for pain, energy, and to relieve anxiety. Previously I was taking opiates, energy pills, and prescription anxiety medication, all of which are habit-forming and have dangerous and life-long side effects that Kratom does not have. Kratom is not addictive, it's natural and has no ill side affects. Because of Kratom I no longer have to take dangerous opiates and other medications. Kratom is an all natural supplement that does wonders for me and many people I know. I will not go back to taking the things I was before. Millions of Americans suffer from chronic pain such as myself and would have to go back to dangerous opiates if Kratom was made illegal. Opiates lead to 60,000 plus deaths in The United States alone. There is no comparison and Kratom is not a drug nor can it kill anyone who uses it. I took opiates for years for chronic pain and they are terrible and have life long bad side affects. Opiates are addictive and ruin lives period! Kratom gave me back my life free of pharmaceuticals. Making it illegal would destroy lives and would cause a huge spike in deaths from opiates and dependency. Kratom is safe, natural and offers so many benefits to increase ones quality of life. Do not take this

amazing plant from people who need it. It helps with pain, low energy levels, depression, anxiety and gives people a drug free alternative to habit-forming medications. - *Nichole Hoffele*

#272 : I'm a man of few words, but Kratom saved my life and got me off the doctor's opioids

The government does not want us to have this natural plant, so they can keep us going to the doctors and enriching the pharmaceutical companies. The government does not care for us but only for the big business. I can't believe we keep letting them do this, of course they want to make this illegal cause it fixes the opioid crisis. - *Douglas*

#273

I'm taking kratom in lieu of taking opiates which are much more dangerous - *Steve Jones*

#274 : I saw Kratom at a head shop, popped 2 pills, and I have not had a drink since that day

I have a LONG history of drug and alcohol abuse from a very young age (started at 12) mostly opiates. Pills turned into heroin by the time I was 16. I struggled for 3 years. I hated my life. It took me almost dying several times to open my eyes, so i moved away from the place I grew up when i was 19 and got clean! Well I got off the heroin. I have a very addictive personality. If I had to list everything I have been

addicted to in my life is ALOT! Well when I quit the heroin, I instantly started drinking very heavily. 19 years old getting arrested over and over did nothing. I drank so much I don't remember most of my early 20s. I still hated my life. 2 years ago I was introduced to kratom. I saw it at a head shop. Said "huh" and popped 2 pills.... I have not had a drink since that day!!!! Seriously. And its hard to believe for anyone who knows me, but it's TRUE. I don't even think about drugs. I have a 15 month old son that I love so much. If it wasn't for kratom I'm afraid of the person I would be today. I don't hate life anymore. I absolutely LOVE it. And although kratom isn't the ONLY reason I feel this way, it is a huge part of who i am today and I will be forever grateful to this amazing plant. I'm not afraid that I will overdose and die. I take a very small amount every single day and I finally love my life for the first time in almost my whole life. - *Stephanie M Hughes*

#275 : I no longer sleep on friends couches, I have my own home

There were years of my life I lost touch with reality, myself, my family. I was even more lost in the various medications I was prescribed for Restless Leg Syndrome! That is until I came across Kratom. I learned about it and how to use it correctly in moderation. Changed my life. Tossed the pills, best decision ever. I no longer sleep on friends couches, I have my own home. I've been with JW MARRIOTT for almost 6 years, completed CORNELL UNIVERSITY's Hospitality Management Certification. None of this would be possible

without this amazing plant. My father, Ed Davis has seen first hand how much it has BENEFITED my life completely. - *Tim Davis*

#276

Kratom has now kept my sister clean for 3 years!!! DO NOT BAN THIS MIRACLE PLANT! - *RM*

#277

Kratom relieves chronic back pain without the use of chemicals. I went down the pain pill road and it was extremely harmful to my professional and private life. I beat the addiction from them which was extremely hard. Now this plant helps relieve the pain. Please keep kratom legal. - *Taylor Rawak*

#278

I've been taking kratom for my chronic pain for about 4 years. Before that I was becoming addicted to opioids. The opioids I was taking were no longer relieving my pain so I was either confined to my bed or the sofa. I was losing out on time with my grandkids. If kratom is made illegal I fear I'll revert back to being addicted to opioids. - *Lou Landry*

#279

Bottom line I stopped taking illegal drugs and Kratom helped me do it! Kratom saved my life! - *Tonya*

#280

I need kratom, otherwise I will relapse. - *Lilkilo*

#281

Opioids destroyed my well-being, being a mother and productive member of society, until I discovered kratom. Kratom helped me to wake up, work, cook, clean and be a good mother. Opioids were destructive and addictive, and it's hard to believe that the DEA or FDA would approve these poisons that lead to addiction, pill seeking, or treatment that fully benefits the BIG PHARMA. Kratom is an herbal choice that is in the same category as vitamins, and point blank, more beneficial than the garbage that's put out by pharmaceutical companies. There's no logical explanation for taking kratom away other than Big Pharma wants more addicted clients. - *Angela M*

#282

Kratom saved my life from opiates, and now it helps me manage my crippling anxiety and depression. - *Ashley*

#283

When my youngest son was born the doctors gave me Percocet to help with the pain. As I slipped into post partum depression I started to rely on the Percocet to escape. I knew that I had to stop but I didn't know how. I feared for my life and for the kind of mother I would be for my children. In my

research I found Kratom. I am convinced it has saved my life and allowed me to live for my children. - *Kathryn Coch*

#284

I beat 20 years of alcohol, opiate, and Suboxone use with the help of exercise, meditation, AND KRATOM. I finally feel like a functional human with a job, I'm healthy, and I have hope AND I NEVER CRAVE DRUGS. Ever. I'm calm, at peace, energized, and hopeful. And I want to share and give to others my story. - *Corinne Vanbrunt*

#285

I've been illegal drug and alcohol free for 2.5 years now because of kratom! It saved my life as well as everyone I know who takes it. - *Jennifer Drawdy*

#286

Without Kratom I'd still be popping the pills congress keeps legal. With Kratom I have a drug-free life full of happiness and love; why do our legislators insist on doing away with what is good? - *Jared Outen*

#287

Kratom has helped me to get off of heroin. I have 3 years sober and have rebuilt my relationships and life thanks to kratom. - *Jill Neilson*

#288

I use Kratom for a combination of opiate addiction recovery and ADHD. Kratom helps me focus in life on things that use to feel overwhelming. I have a beautiful family and 4 years ago was diagnosed with cancer and need a lobectomy. Somewhat of a serious surgery and had trouble with weaning off the meds. Kratom helped with that and a host of other things as well. Kratom should be researched further and always be available to use for things of this nature. - *Jason Stinson*

#289 : I used to be on opiates and this leaf has saved my life! It kept me from being a drug addict

It is amazing and has so many benefits that people don't even know about! It helped me get pregnant and it has kept me from getting sick! It's AMAZING! - *Mindy*

#290

Kratom saved my life from prescription pain killers. You can't take this away from people. Many lives will be lost from opioid addiction. It also helps with other things as well. I also use it for anxiety. - *Eric Mann*

#291

I was a drug addict for years and was taking a lot of prescribed medication that was worse than the addiction. I stopped using after starting low dosages of kratom and have

been drug free ever since. Please keep kratom legal because it truly helps millions worldwide. - *Kenneth Bailey*

#292

I have been using Kratom for 10 years. It has gotten me clean and kept me clean. I give it to friends who also were saved.

#KRATOMSAVESLIVES - *Kim Alexia*

#293

I stopped taking narcotic pain killers because of kratom. Cold turkey, not one pill, absolutely no issues even though I WAS physically addicted to them up to that point. I don't know where I would be without kratom. - *Michael Banks*

#294 : Kratom saved my life. Kratom helped me to kick a very long addiction to opiates that were so freely given to me by doctors

A lot of years were taken from me and my family. I have been clean for three years, and I quit taking opioids even when I could have used them most after a work injury that required neck surgery and shoulder surgery and messed up my back! Kratom helps me with the pain and I don't even think about opiates. They destroyed my life and I will suffer the bad depression of it all the rest of my life. Please don't take away a plant that's saved so many of us including the vets who gave their all to protect our country thanks for listening! - *Robert Weist*

#295

I was addicted to pills, and after I quit cold turkey I started having anxiety, depression, etc. Fortunately, Kratom has helped me a lot in my life. Now I am able to play with my kids, do homework with them, stay focused, work, etc. Thank you for this plant! - *Nelly*

#296

Kratom saved me from addiction and gave me my life back. - *Holly Forinash*

#297

Kratom has saved me from multiple prescriptions. Period. Let people take natural stuff instead of going back to harsher drugs! - *Jenn Kaczor*

#298 : I have struggled with opiate addiction my whole life. Never could get clean and stay clean until I found Kratom

I got my life back, started working for the first time in ten years and now I'm a productive member of society, something I never thought possible for me and my life. I'm so grateful to have found Kratom when I did, I only wish I had found it before my husband overdosed on heroin/fentanyl and I lost everything I owned and loved. I actually have a life now and have no desire for drugs anymore and that's all thanks to Kratom. - *Shannon Yarbrough*

#299

Kratom is a great herbal supplement for pain management and for opiate withdrawal, if used responsibly. It has helped make my life better and kept me away from other harmful substances that are dangerous and illegal. It would be a terrible idea to make it a scheduled substance and a lot of people could fall back to abusing opiates if it is no longer available. - *Bob Smith*

#300

Kratom saved my life! Got me off the opioids and helps manage my pain. - *Debbie Souvigny*

#301 : Kratom worked better for me than Methadone or Suboxone. I am now free and sober

I thought I was a hopeless case. It seemed that my opiate addiction would kill me. I tried every detox center in the area but within a few months I would be right back buying illegal opiates on the street. A friend asked if I had tried a green plant called Kratom. Well its been two years now and opiates are no longer part of my life. I used Kratom for the first year to ween myself off from the opiates. It worked better for me than Methadone or Suboxone. I am now free and sober. Thanks to a little green plant that I had never even heard of before. It saved my life. - *Joe Labeau*

#302

I sell Kratom. I have personally witnessed dozens of customers relieve themselves of the prison of opiate addiction with this simple plant. Cheaply, effectively, and most of all, safely. Protecting big pharma at the expense of the populace is a crime against humanity. The veil is off and the people know Kratom is a blessing and not a curse. The real enemy of the people were the over-prescribing doctors who created an opiate dependent populace. Please consider this when ruling. By making Kratom a schedule 1 drug you are saying it has no medicinal or therapeutic benefits, which is clearly 100% false. It will also push those who need its medicinal and therapeutic effects back to opioids. With doctors reluctant to prescribe opioids where does that leave them? Answer: the black market, which makes them criminals by either securing pain meds illegally or even worse, turning to Heroin. So finally, is Kratom equal to Heroin in the eyes of the FDA? I believe this legislation is in place strictly to keep legal FDA approved drug pushers and heroin dealers supplied with a population that needs relief from pain which has a cost, a real human cost. Please reconsider Kratom, a safe, cheap alternative. - J. M.

#303

Kratom has saved my boyfriend's life. He got off twelve pharmaceutical drugs by having one cup of Kratom a day.

There have been no negative side effects. With proper education and knowledge, it can save lives! - *K. Truth*

#304

Kratom saved my life. I would be dead by opiates, synthetic opioids, or other issues if Kratom didn't exist. Please don't condemn millions to die. - *C. Antonio Romolo*

#305

My life changed when I learned about kratom. I was put on prescription pain meds and then become dependent on them until I learned about kratom and the amazing things it does. Now i take kratom and I'm no longer depending on those prescription drugs and i feel great! Better than i have felt during the time i was on the pain drugs. Kratom has saved my life and honestly I don't know what I would do without kratom. I don't want to be dependent on pain meds ever again. - *Mike Smith*

#306

I was on opiates for over 10 years. Kratom saved my life. I've been clean for 3 years! - *Staci*

#307

I was addicted to opiates for years and eased off them using Kratom, and my withdrawals were not as bad as would be expected. I take Kratom daily and I have my life back from

opiates, and also I can do normal activities again since my pain is relieved quite effectively. Kratom saved my life. -

Deborah Braham

#308 : With kratom I was able quit heroin and painkillers

I was addicted to heroin and opiate painkillers for 3 years, most days I would take so much that I would puke my guts out. I had no self control. With kratom I was able quit heroin and painkillers. It's been 2 years since then and I'm able to hold a job and live life normally. I tried for years to quit but was never successful until I tried kratom. If kratom is banned many people will lose an amazing opportunity to get off of hard drugs. - *Cornelius*

#309

I was in a motorcycle accident in 2016. 10 operations later my leg was as good as it would ever be. The pain was incredible and pain level was tough to handle. My doctor had me going to a pain specialist. I was taking Oxycontin and Morphine together throughout the entire day. Each and every day. It was time to get off the medications after 4 years. However by that time I was addicted. My son recommended Kratom to me after him taking Kratom for eight or nine years for a back injury he suffered during an automobile accident. I have taken Kratom for approximately one year. My pain level is at a tolerable level now. I am able to function at a near normal level. That's my story. - *Larry Droy*

#310

Kratom got me off heroin and helps me stay off of it. I will probably be back on it if kratom becomes inaccessible. -

Valerie Showalter

#311

Kratom helped save my life from opiate addiction. - *Nick*

Edward

#312

I was in serious trouble, I had hurt my back at work and I couldn't afford surgery so I lived in pain for 30 years thanks to pain meds! Well guess what? The great government of the U.S decided to make most pain meds impossible to get! This created a massive group of people who were suffering and couldn't live with that kind of pain! So a whole new generation of dope heads came about! THEY HAD TO DO SOMETHING about the pain! I found Kratom! It slowly got me from detoxing and made my life bearable! Yes, I have to have it or turn to street drugs again, like a million others will! You guys have no idea what a blessing Kratom has become! My wife and children have their husband and father back and life is good! - *Kevin Anderson*

#313

If you are serious about the "War on Drugs", then Keep Kratom legal. It has helped me stay off opioids and other narcotic pain killers. - *John Klaer*

#314 : *Kratom gave me my life back*

After a work injury caused chronic back pain which led to a 12 year addiction to Vicodin, I lost my job, car, and apartment. Kratom gave me my life back. I managed to get 2 full time jobs, a car, and apartment again! My pain is almost non-existent now, and this all became possible by small doses of kratom each day. In 4 years I've never had to increase the dosages or built a tolerance. I am clear minded and don't get "high" like opioids made me. My life is manageable for the first time in a decade. Please don't allow Kratom to be taken away from adults that once again have productive lives free from toxic, addictive and deadly opioids. - *John Seger*

#315

I have worked with over 25 patients who have used Kratom to reduce or quit prescription opiates. Their success prompted me to research Kratom even more, and what I found was that not only is Kratom beneficial for opiate addicts, but chronic pain as well. We need to keep this legal! Sincerely - *Dr. Chase*

***#316 : It's the longest I've ever been clean, and I owe it to
Kratom***

I was a drug addict for most of my teenage years. I tried quitting several times, went to several facilities, and it never stuck. I almost overdosed several years ago, and it woke me up. I looked for alternatives. I take kratom in very controlled doses, and it has kept me clean for three years. I still have urges, but it's the longest I've ever been clean, and I owe it to kratom. I think we need real research into it's benefits, but that will never happen if it is made schedule 1, and it will hurt many more people than it will save. I don't want to backslide to drugs or alcohol, as I finally have my life together after so long. I have a good job, a great family, and I know I'll be an addict for the rest of my life. I don't want everything I have put in jeopardy. I beg of you, whoever reads this, please fight with us. Don't let COVID19 sweep this life saving plant under the rug. I know there's bigger issues, but for some of us this is the most important issue, as it will risk many people either A) relapse, or B) life in pain, possibly turning to drugs as an option. Please please help us. Thanks. -
David J Fritts

#317 : I got off drugs with kratom and now enjoy life

I was addicted to drugs for many years. I had been in and out of jail and trouble until my mid-late 20s. Since I have found kratom around 3.5-4 years ago my life has been much better. I'm a welder, own my own 3 bedroom house along with a

nice vehicle. I got off drugs with kratom and now enjoy life. I only take around 3 grams most week days to help with energy and back pain and use THC in evenings if needed for back & hand pain from welding. Please leave kratom legal, it helps so much to stay off hard drugs. - Wesley Larson

#318 : I literally got rid of my severe opiate (including heroin) dependency (and also quit drinking alcohol!) with Kratom

This letter is to try to briefly tell my personal story involving the currently legal (in NY) Herb Kratom. I am wholeheartedly hoping you will protect its legal status, and this is why. For most of my life (I am 36), I had panic attacks, deep depression, and suicidal tendencies/self-harming. I tried several anti-depressants and anti anxiety medications (Zoloft, Prozac, Xanax, seroquel, etc) from different doctors, but never stayed on them for long because of side effects that were almost worse, besides the very expensive psychiatrist bills. I started to 'self-medicate' with opiates (Vicodin, etc) in my early 20s, it seemed the only 'miracle' that helped, but very quickly that turned into a life-controlling addiction. I eventually found out about suboxone and saw a doctor, which worked well, for awhile. But after a while I couldn't afford the cash-only monthly Doctor visits and insurance did not cover it. I also learned the hard way that yes, despite my doctor assuring me otherwise, it is very, very hard to quit suboxone and your body gets dependent. The pain I felt trying to quit was equal to my past opiate use. I juggled back

and forth between suboxone and and other stronger opiates for years. Eventually I did research online and found out about Kratom, a legal herb that could help opiate users quit. I tried it, and eventually it helped me quit the suboxone for good, and all other opiates, along with dulling/removing any urges or cravings. It also gave me a gentle, calmer alternative to help with my anxiety and depression as well. I don't take any other medications anymore (such as Xanax or Valium). I don't drink coffee, but Kratom helps give energy. There have been a lot of media claims about the dangers of Kratom, even comparing it to heroin, and it's completely untrue. I literally got rid of my severe opiate (including heroin) dependency (and also quit drinking alcohol!) with Kratom. If Kratom would be taken away, I feel many ex-opiate users (due to chronic pain or past drug abuse issues) would definitely soon seek out or go back to what they used to do, whether it be a doctors prescriptions, or buying illegally from a 'friend.' Kratom is NOT a 'heroin substitute'. It is a way to help ease the pain of withdrawal when an opiate user tries to quit, and to curb cravings in the future, and also gives a feeling of well-being and calmness. The most negative side effects I have ever experienced was once having nausea and a mild headache (due to not eating prior and not being hydrated enough.) Overall, Kratom has let me leave a life of self-medicating opiates, cravings and abuse behind. Now I feel healthy, able to work out, I don't lose jobs due to addiction, and I'm not afraid of being a slave to a drug. My anxiety and depression have also mostly disappeared. *** Conclusion:

Kratom can be a safe alternative to pharmaceutical drugs with important medicinal uses and has changed my life. - *Corinne VanBrunt*

#319 : I have been clean for about two years now

I was addicted to pain pills for about 4 years. My life was going to HELL fast. My wife almost left me and trying to keep a job was next to impossible. Then came Kratom. I have been clean for about two years now. My body is just returning to normal. I thank God for Kratom. Please keep it legal, or pills will return to so many lives and the outcome will not be good. Thank you. - *Chet*

#320

I am helping a friend manage their DT symptoms after their criminal pain doctor cut them off without cause and no notice. Another friend recommended Kratom as a possible DT manager with some pain relief properties. Kratom has been a God-send and prevented my friend from suffering catastrophic opioid withdrawal shock. It's affordable, available and non-addictive which OxyContin can't say. Kratom must stay available and unthreatened by the government. - *Marque Andre*

#321

I used kratom to help me get off of opiates. - *Ryan Daley*

#322

Kratom got me off addictive opioids and stopped me from going down a dark path. Weed is legal in many states and kratom should be legal everywhere. It saves so many lives. It helps me tremendously with anxiety, depression, lethargy, and chronic pain. - *Ryan Holden*

#323

My wife was using Dr. Provided and prescribed Vicodin for many years due to back pain from a car accident and back surgery. She has degenerative disc disease and is in pain daily. She was addicted to these pills, taking the entire month prescription in 12-15 days and going into withdrawal for the remainder of the month. She was drinking alcohol heavily during this time as well. Her health was deteriorating at a fast pace and she was gaining weight and sometimes nearly impossible to live with. A co-worker recommended kratom and brought a couple of samples into work for me as his wife was being helped by kratom for her pain issues. My wife has been a pleasure to live with since we began buying kratom. She is not taking any prescription medicine nor is she drinking alcohol. There are no side effects nor is she ever tempted to go back to any prescription pills for over 2 years now. Our quality of life is so much better thanks to kratom. Best - *Bill*

#324

I have been using Kratom for pain and for my drug addiction which is the reason I am clean and sober - *Matthew W. Reid*

#325

It keeps me from using illicit substances and even death - *Richy Rich*

#326

Kratom is a fantastic way of helping to wean off of opiates. This was a huge help to me getting off of opiates that I had to take for a chronic pain issue. Don't make the opiate epidemic worse by banning Kratom! - *Steve Malloy*

#327

I was prescribed opioids for a back injury and was on it for 10 years. The drug began to slowly take its toll on all of my organs and I became highly dependent on the drug. One day I was taken off of the drug with no warning. It became a nightmare when I faced the reality of my condition I was in and was overwhelmed by pain and mental deficiencies. I had to regroup and I found Kratom has aided me and is still aiding me as I Rebuild my Life and health that I neglected while I was on the Oxycodone. I'm trying not to rely on anything but I cannot function without the Kratom at this time. I'm 64 years old. I feel I am alot better off now and if I

would have continued taking the prescribed opioids I would be dead by now. - *Joseph R Perkins*

#328

I successfully got off Dr. Prescribed opioids after 10 years of being on them. They wanted to put me on more opioids. Kratom made the hell of withdrawal go away. I was able to go to work and sleep. It is a miracle plant. Please don't take this away from us! - *William Mann jr*

#329

Kratom saved my life. Hardly even use kratom at this point but I used to be an opiate addict. - *Devin Samson*

#330

I am a psychiatric nurse practitioner in the Bay Area, California. Kratom has been a vital resource for many patients struggling with either heroin or opioid medication use disorder, mood, and anxiety disorder. Psychiatric patients with cormorbid conditions like fibromylagia, which is surprisingly common among depressed patients, have regularly reported benefits from Kratom. Kratom also has the side effect of severe nausea if used at in excessive dosages which in turn regulates the amount one takes. Much like w/ any food digested, the body has ways of telling us we have had enough, and unlike illicit substances (like cocaine, or most importantly in this case, heroin), overdosing on Kratom

to my knowledge at least is non-existent. Like any substances acting on the central nervous system from wine to energy drinks or coffee, Kratom requires responsible use, however its inherent qualities of administration which involves self-regulatory mechanisms makes it an important resource for many individuals for a variety uses. - *Alexandra Corebridge*

#331

I have watched kratom effectively transform peoples lives for the better and get them off of life crippling opiates like heroin. - *Kelby Savage*

#332

I found this miracle plant almost 7 years ago. It has kept me clean off of prescription opiates and illegal drugs since I discovered it! - *Karah Harman*

#333

I've been using Kratom constantly for over 6 years, in that six years. I haven't touched another opiate, I've actually lived a successful relapse free life. If you make Kratom illegal you'll be sending me and thousands of others back to the streets. And NO ONE wants that! Thank you - *Craig*

#334

I have three sons that were addicted to Heroin. They have been using Kratom to help keep them off the heroin. This is

much better than a Heroin addiction. KEEP IT LEGAL - *Doug Brinegar*

#335 : After taking Kratom I was able to curb the addictive feelings and intense aches I would get from quitting pills

I became addicted to pain pills after having multiple surgeries for my shoulder after high school football. This quickly became an addiction that I couldn't shake, was willing to spend any money I could possibly get on and would choose pills over food if it came down to it just to get through the days. My friend who has a similar issue introduced me to Kratom and after taking Kratom I was able to curb the addictive feelings and intense aches I would get from quitting pills. I don't know what would have happened, maybe I wouldn't have died but I certainly was headed down the path of wasting my life and not contributing anything to society. Kratom saved my life path and I could never imagine why we would want to be taking that away from the millions of people attempting to help with their pain or addiction. - *Taylor Addison*

#336

Kratom has helped tremendously with withdraws from pain killers. I don't get physically addicted to Kratom, I don't feel horrible when I don't take it. - *Ryan Wilson*

***#337 : I have been taking kratom for the last 2.5 years
and it has literally saved my life***

Before kratom I was using drugs. I started out taking opiates from my pain management doctor for 10 years then when I quit those I turned to meth and used that for 6 months. It destroys lives, I went from jail to rehab and back to jail to outpatient rehab in all under 6 months! After getting clean November 5, 2017 I have not done any kind of drug! Kratom has saved my life it has helped me beyond words. I no longer hurt from my back, I have energy, and I'm so much happier now, and it's been instrumental in my sobriety. Please do not take that away from not only me, but all the people that have come so far with the help of kratom! - *Margaret Gibbons*

#338

Kratom has kept me off of street drugs for almost 5 years now. It has helped me better myself, and be a normal upstanding citizen. - *Tyler*

#339

I was on Suboxone 8 years. Thanks to Kratom I was able to get off Suboxone 2 years ago. Kratom saved my life and it helps my pain and my depression. I would take Kratom over any pill. - *Tammy Gunter*

***#340 : I've been using kratom for 3 and a half years now.
This plant helps me manage anxiety, depression, overall
wellbeing, as well as serious opioid and alcohol cravings***

I just celebrated the great milestone of 4 years recovery from opiates and other hard drugs/pharmaceuticals. I owe much of my success to kratom. I was naive before. After the sudden death of my father, I began using opiates to help me feel better and ease the pain of a broken heart. Over time, I became dependent and full blown addicted. I couldn't even get out of bed without opiates. I felt very physically and mentally ill when I didn't take them. Eventually I was introduced to heroin - unbeknownst to me at the time. I was given the street drug by a 'friend' who swore it was not heroin. When I realized what they'd been giving me, it was too late to go back. I was kicked out of college, became basically homeless, slept outside in my car in the freezing Missouri winter, couldn't hold a job, lost more family and friends, and lost my purpose and myself. I was alone. and broken. When I lost everything, eventually I tried to get help. I struggled for a year trying to fight the monster of addiction. I failed many times. I felt eminent doom, and thought what's the point. Something clicked when I almost died. I was desperate, I wanted to live. 5 treatment centers later and fleeing to the other side of the country alone with no money, just a duffel bag of belongings, I was able to escape opiates for some time. I lived in California for 6 months trying to get my life back. My original housing and job fell threw a few

months in, so I slept on couches or floors for 3 months. There were nights I didn't have anywhere to sleep, I'd walk alone with my bag fully preparing to stay outside. I didn't want to go back because I was terrified for my life. I knew there were opiates, toxic people and places waiting for me and I didn't think I'd be able to say no if they called. Being alone without a place, around strangers who burned me took its toll. I began drinking to shut up every cell in my body screaming for relief. To scratch the itch that opiates created. I became depressed... and I'd drink to black out so that the day would end. I decided I had enough and summed up the courage to go home. Cravings hit quickly back home, especially when total strangers offered me opiates 2 separate times within the first month of my return. I wanted my life back, I needed help managing anxiety and cravings. I did research and found kratom. (this is 6 months after getting clean from opiates). I was amazed how mild yet effective it was. my cravings for alcohol and drugs subsided just enough that I could begin living again. I had the mental space to make goals. I started eating healthy, exercising and got into shape, felt optimism, and happiness. I felt drive and purpose again. I kept a job and started paying off my debt. I even went back to school and finished my degree. It took me years to dig myself out of the hole that drugs and depression got me in. When I was using drugs, I never had more than \$100 to my name and couldn't think about anything else. Now I have more than I could ask for, a successful teaching position helping others, and I remember every day. I am happy and healthy and help

others achieve the same, and I have been taking kratom every day like a cup of morning coffee. I've lost countless friends because they couldn't recover from addiction, 3 in the past 3 weeks. I am one of the lucky ones. Most don't make it out alive. I wish they knew about holistic ways to heal. Please keep kratom legal. Too many people need help and will turn to the streets if it is banned. It is an amazing healing plant. - *Miranda S*

#341

I was a heavy opioid user for about five years until I started a suboxone recovery program. I spent almost seven years in this program and even though it was what I needed to stay off other opioids, in the end it was just another addiction I needed to quit. On top that I couldn't afford to keep paying the copays and all the expenses my insurance company wouldn't cover so I new it was time to taper off of suboxone and I did. The physical withdrawals were uncomfortable to say the least but I got through it, the depression and anxiety was a different story though. The feeling of hopelessness and not being able to feel the slightest bit of happiness or normalcy combined with extreme anxiety was unbearable, I don't know what I would have done if I hadn't found kratom. I started taking kratom and it helped me to feel normal again, not high just normal, happy and no anxiety. Kratom helped me and it can and has helped so many. We're in the midst of an opioid epidemic and banning kratom would be

detrimental to the recovery of countless addicts in my opinion - *Kurt Pfeiffer*

#342 : Kratom got me off the pain pills

I had a surgery on my ankle and about a month later I went into the ER with a bad infection it was sepsis. Almost lost my leg and at one point almost died with a fever of 107.6.

Throughout the following year and a half I was on opioids for pain and had to have multiple surgeries and to be honest got addicted to them. KRATOM got me off the pain pills and also helps tremendously with sleep. I suffer from PSS post sepsis syndrome and don't know where I would be if it wasn't for kratom. Kratom is harmless and must not be banned. It saved my life in more ways than one. - *Mason Beppler*

#343

Kratom has saved my life and everyone else I know. If you take this away from all of these innocent people more people are gonna die and the opiate epidemic is gonna only get worse and worse. This is the last true chance of hope for people, please don't take this away from us. - *Jake McDowell*

#344 : Both my husband and myself have struggled with opiate addiction for 7 years. We found kratom 4 years ago and have never looked back.

We both also deal with chronic pain that kratom helps manage. We have 4 young kids and kratom has allowed us to

be better parents and productive members of society. With the pain conditions my husband suffers with I don't think he would even be able to work his job without kratom. Please consider how many people benefit from it. I fully believe it would destroy millions of people lives if it is taken away. - *Layla Reynolds*

***#345 : To whom it may concern, please do not pull
Kratom off shelves as it has saved my life***

Long story short, Ive done drugs for many years and never thought anything would work. Tried going cold turkey and of course, failed. It wasn't until I found Kratom that helped me out of this mess. I don't know what would happen if I you banned this. Please do not take away what helps millions of people off of substances. - *Sylvia Lee*

#346

Kratom helped me immensely by treating my opioid addiction, depression, and anxiety - *David*

#347

I was in opioids for a long time and about lost my life along with everything I have including my family. Kratom is an amazing natural thing that has helped me with not wanting anything illegal and has seriously saved my life. Please keep it that way - *Brodey Hart*

#348

Kratom got me off my addiction to Percocet and opium and saved my life, Kratom also helps me deal with my extreme chronic migraines. - *Giovanni Andolini*

#349

I have witnessed many friends use kratom to get off opiates and alcohol. - *Earl Leroy Jones*

#350 : *My life turned around the day I decided to try Kratom instead of going back to heroin for my pain*

After an arterial venous malformation ruptured in my brain, I had a stroke and had to have brain surgery. Not only did I have to relearn how to walk, I started suffering horrible migraines. The pain medication I took eventually stopped working and I had to seek out more illicit methods of self medication which predictably became an addiction. Fast forward ten years and I had just lost my mother to cancer, my relationship of 14 years abruptly ended; to which my remaining family decided to choose sides and abandoned me. Because of my addiction, I didn't have friends for moral support so losing my mother, my boyfriend, and my remaining family was more painful than any brain surgery could be. Add onto that the fact that my finances were in ruins before I lost my job, but that was the icing on the cake that resulted in me losing my house and car. In one full swoop I lost everyone and everything in my life. Suicide

seemed to be the answer, but I decided I'd give it one more try. I could always kill myself later. I decided to quit drugs and give living sober an honest shot. I had never had too much of a problem quitting drugs in the past but had a really hard time staying off of them. Especially when the pain kicked in, whether physical or emotional. My life turned around the day I decided to try Kratom instead of going back to heroin for my pain. It eliminates my pain without making me high. For me, kratom is a miracle plant. My quality of life would be vastly decreased if it were outlawed. And there just aren't facts to justify the kind of legislation that would make people like me criminals for taking it. I can credit kratom for helping me become a more productive member of society, and I don't have to fear dying of an overdose just to relieve my pain. - *Katrina Gibson*

#351

Kratom has literally saved my life! Not only did it help me remain clean and sober, but it allowed me to continue to work through the pain of tendinitis. I also developed a chronic illness a couple years ago, and it gave me enough energy to get up in the morning and it helped me continue to function. It's a great alternative to many pharmaceutical drugs for people who don't want to take them, like addicts! I've also seen it help opiate addicts withdraw and get clean without nasty side effects. It's such a wonderful substance that helps so many people! - *Moriah G.*

#352

My good friend's life change when he stopped opioid use for severe nerve damage in his neck and started with Kratom. He went from being drugged with loss of motivation to being his real self. He is alert, working out and enjoying his life with the ability to manage his pain better. His wife as well has benefitted from Kratom by getting her husband and their life together back on track. Kratom has been the best thing my friend could have done for himself. - Greg Byers

#353

Kratom helped me stay off drugs - *Maria Felix*

#354

Kratom has been successful in helping me manage pain, and also kratom has helped me to cease all use of opioid narcotics! - *Raphael*

#355

Kratom has helped keep me clean, and subsequently alive, for the past 12 years. - *Darby Johnson*

#356

Kratom got me off pills ... period! Now I own my own business. Rehab couldn't do that - *Brent Todd*

#357

I love kratom. Kratom got me off of opiates safely and effectively when they were unnecessarily prescribed to me. Kratom is NOT a drug or to be treated as such. It's a plant that is as widely used as green tea. Treating kratom as a drug will undoubtedly create many avoidable problems. Leave it alone. Don't create issues. - *Jaime Sutton*

#358

I used to be a pill Popper even to the point where I'd steal pills, but when I found out about kratom I haven't touched a pill in years. Kratom is what has allowed me to overcome my pill addiction!! I never want to go back to that! - *Jamison Trevan*

#359

Kratom has helped me in so many ways I've lost track. I am an ex-opiate addict, and the kratom has helped me transition from full addiction, medication assisted treatment, to using this plant to get back to being a productive member of society. - *Jesse Binx*

#360

I am a kratom user. I had problems with narcotics and taking kratom has helped in so many ways! I have been taking kratom since I made the choice to steer away from Vicodin and better my life. And ever since I began taking Kratom I

haven't had any Vicodin or the urge to take it. Because of kratom my back pain is manageable and I have energy to get myself through the day. I feel so much better taking kratom for my pain rather than Vicodin. I am a true believer that kratom is good and a healthier alternative. - *Cassie Anderson*

#361

Kratom has saved me from a life of addiction to drugs. It has also helped with my depression and anxiety. If this amazing plant were to become unavailable to me it would be detrimental to my health both physically and mentally. Please know that this is a lifeline for me and many other people that are able to live life in a much fuller way thanks to Kratom. - *Gabe Garrity*

#362

I need Kratom, it's helping to free me from drug addiction - *Suleman Tahtamoni*

#363

The police department in my city advised me to use Kratom for my withdrawals from my pain pills. I could not thank them enough! Since then I have used kratom for pain and depression, and if it were banned, I'm not sure what I would do. Thank you so much for fighting the battle to keep it legal. - *Tim*

#364

I'm 57 and I deal with daily pain also severe anxiety and depression. I was a drug addict (addicted to many different opiates) for 25 years. But for the last 5 years I can PROUDLY say I'm now a recovered drug addict. Kratom has changed my life for the better. I have my family and friends back in my life. Kratom has helped with my daily pain and anxiety, and it truly TERRIFIES me that Kratom would no longer be available to help thousands and thousands of people that take Kratom for many many reasons. This includes my elderly parents, my daughter and son, and numerous others. - *Ginger Ruosch*

#365

I've been on opiates for 20 years. When I found kratom I no longer had a desire to use opiates. Also, I have arthritis and kratom really helps with the pain. Keep it legal - *Thomas Pedersen*

#366

Kratom has saved my life for a few years now. I like many many of the opioid addicts started with a doctor's prescription of pain medication. Eventually I turned to heroin and EVERY single addict ends up knowing that heroin does the same thing. I myself believe that the medical community and pharmaceutical companies are the cause for the extreme rise in opioid addiction. Anyways, I like many people I know

take kratom instead of the deadly pharmaceutical and illicit drugs, and we lead more normal lives. Regards - *Alex Howard*

#367

I have 2 retail stores and I have been selling Kratom for about 5 years. I have so many customers that tell me it saved their life. They got off addiction that would have killed them. Also the pain relief and stress relief is amazing!! I myself got injured badly. Kratom helped me with the pain. It's non addictive. Kratom is a very good thing. - *Heimana*

#368

Kratom helped me get off of expensive pain pills for my bad back. I can now both function better and afford more to provide for my children - *Michael Buble*

#369

Was on opiates for 13 years, and kratom got me off and gave me my life back - *Jeff Chandler*

#370

Kratom got me off of hard drugs - *J. Steve*

#371 : *Kratom has changed my life and I believe I would be dead if I had not tried it*

I was hooked on opiates 8 years. Tried countless times to quit but wasn't able because the withdrawals were unbearable. I

finally was able to quit with the help of Kratom with almost no withdrawals. Now I use Kratom daily to control pain, and it keeps me from going back to opiates. I do not feel high on Kratom, and if you use too much you will feel sick and vomit so it is impossible to overdose. Kratom has changed my life and I believe I would be dead if I had not tried it. I could not imagine life without it. Kratom can help millions of people and is very inexpensive. I believe it is the big pharmaceutical companies that want to make it illegal because they're losing money. - *N.Ennes*

#372

Kratom helped me overcome 7 different prescription drugs including pain killers for back pain and sciatica. Kratom also assisted with a very dangerous issue with narcolepsy. There were many instances when I used to fall asleep driving for work and came very close to hurting myself or others. I no longer have any of my pre-existing issues thanks to a little bit of Kratom each day. - *Jim Workman*

#373 : *Without Kratom, I would most certainly continue to go back to pills indefinitely*

I've dealt with opiate dependence for several years. As much as anyone wants to cease use of opioids for obvious reasons, it's just not that simple. It has a powerful hold on lives of good and decent people. No one that has not been through this can possibly understand, and so it takes an empathetic

and open mind to consider that something like Kratom is not the enemy, it's quite literally the opposite. Kratom came to my attention when looking for options to attempt a humane separation from the use of pills. I had quit using them once before, it was the hardest thing I've went through in my life. A couple of years later, I began using again (the battle with substance abuse is a lifelong one). Without Kratom, I would most certainly continue to go back to pills indefinitely, no matter how many times I would quit. I realize that those that do not understand would say that everyone and anyone should just buck up and quit for their own good. I'm here to tell you, along with all addicts around the world, that's not ever going to happen. Many would turn back to harsh drugs, including the harshest such as heroin, methamphetamines and severe pain medications, if the ability to access Kratom were to go away. If the opioid crisis is to ever be battled effectively, I'm here to say that Kratom is the humane answer. Please do not take away something that is working quite well in this epidemic that we all want to successfully overcome! Thank you for reading and for your consideration. - Zippy

#374

Kratom has helped me and my girlfriend to overcome addiction, pain, and anxiety, and has been a major contributor to our well being. We are both adults and reserve all our rights to put our health care into our own hands. It is no one else's responsibility to tell us how we should live or what we can or cannot put into our bodies. The government

has tried to take all things good from humanity and put them out of reach and they should not try or keep pursuing the action of make this beautiful natural plant a crime to consume. I support keeping kratom legal as it should be. -
Howard Madden

#375

Life changing! I've stopped taking all narcotic pain pills and I'm in the best shape of my life thanks to Kratom - *Marcus Landon*

#376 : Without kratom, I would be wasting my life smoking weed all day, at the very least. Using kratom as a tool, I was able to kick my polysubstance addiction to the curb

Now I just drink this plant from the coffee family. It provides a mild mood-boost every day that's enough to give me a reason to get out of bed. I have been struggling with severe clinical depression and anxiety for years, and used to self-medicate with alcohol, benzodiazepines, marijuana, various stimulants and dissociatives, and more. But I wouldn't be half as devastated, if kratom were banned, as the people that rely on it for its analgesic effects. Some sufferers of fibromyalgia, for instance, would have nowhere else to turn but returning to dangerous opiates and harmful NSAIDs to relieve the pain. My pain is just emotional. And I would undoubtedly cry myself to sleep if that relief was ripped from the hands of so

many people with chronic pain. They need this plant even more than I do, and that's saying a lot. I know you're probably disregarding my plea as "the words of a hopeless addict," but name someone who's not addicted to something - whether that be cigarettes, Netflix, sex, sports, etc. I would be 100% in favor of regulation of this plant, as long as that doesn't mean paying an exorbitant tariff. I hope those in power will recognize that kratom is a substance akin to coffee (aside from the fact that caffeine can actually kill and overdoses happen all the time) and should be treated as such. I NEED kratom at this point in my life, and my mental state is fragile enough at this moment that a ban could give me just the push I need to relapse. I haven't had any alcohol since January 29th, and the primary reason I've made it this far is none other than *Mitragyna Speciosa*, kratom. Kratom doesn't get you high in the same way that prescription drugs such as Xanax or Oxycodone do. In my opinion, it's not a high at all. I'm not fixated on it in the same way that I have been with many substances before. It doesn't run my life like I've let drugs do in the past. It just gives a helping hand; a breath of fresh air between life's nonsensical and erratic barrage of metaphorical nut-punches. It helps me focus better. I have been diagnosed with ADHD, and while kratom doesn't last as long as my meds, in my experience it's more effective for acute focus. While a substance isn't inherently healthy simply because it's natural, in this case we have hundreds of years of anecdotal evidence supporting the safety and efficacy of the plant. It's unfair to ignore the data and lump this relatively

benign leaf in with the most dangerous drugs around. In fact, it's completely asinine to suggest that it become listed as Schedule I, when methamphetamine is a tier lower in Schedule 2 (desoxyn). So please, listen to the chorus of American voices *begging* for reconsideration of this proposal. Instead of throwing this miracle plant into a dark closet forever, why not allow more time to study it and let the raw data speak for itself? - *Elijah Crabtree*

#377

Kratom helped me get off opiates. Without it I'm going back to pills. Please save my life - *Trevor Campbell*

#378 : *I was able to totally quit the narcotics and feel normal*

I was taking oxycodone for two years because of back pain, had a spinal fusion and I was out of pain meds and I weaned myself off of the oxycodone, I still felt horrible! I could barely function. Someone told me about kratom, and kratom saved me. I was able to totally quit the narcotics and feel normal. - *Jodi Pozanek*

#379

Kratom saved me from the agony of heroin dependence and the shame of potential relapses while also keeping my legitimate, chronic pain under control. Kratom is a positive thing in this world, not a negative! - *Sam Nope*

#380

I was able to quit illegal drugs thanks to Kratom, it literally saved my life. - *Michael Riley Linn*

#381

Kratom helped me get off opioids and act like a normal human being. I was not myself on prescription pain medication, and now i'm not at risk of dying in my sleep. - *J M*

#382

I take kratom daily as a replacement for addictive pain medication - *Jordan Tyler Banton*

#383

I was a heroin addict for 11 years, I never thought the pain and suffering would end. A friend told me about Kratom and how much it helped him find stability in his life. I thought why not give it a shot, and now I haven't used heroin in 4 years. I don't take Kratom anymore but if I didn't have it for two years I'm sure I'd be dead or worse - *Ryan Oneal*

#384

Kratom has saved my life. I was for 5 years addicted to pain pills and then meth and heroin. I couldn't get off drugs no matter how hard I tried. Then I started to drink kratom. It

saved my life. I am drug free for 6 years now. I drink kratom 5 times a day and I'm able to stay off all other drugs! I never dreamt this could be possible but it truly is! Thanks kratom! - *Cassidy Stevenson*

#385

I don't understand the attacks on kratom. It saved my life and I'm sure many others. Opiate addiction is horrible and was destroying my life. I didn't think I would ever overcome it and thought that eventually it would kill me. After researching I found out about kratom and because of it was able to beat opiate addiction. I have tried many kinds of kratom and have never experienced any kind of high or buzz. So before you decide to ban this life saving plant you should try it and see for yourself. - *Robert Goodwin*

#386 : *If I didn't have access to kratom I would be dead*

I found kratom as a last resort. I was hopelessly addicted to opiates like heroin. If I didn't have access to kratom I would be dead. I'd rather mix up a milkshake that brightens my day than mix up a needle that makes me dead and useless to my family. I have a family, rod in my leg, I refuse to take unemployment. Kratom lets me live a normal life with less pain. I have an apartment, a wife and child. Without kratom I'd be forced to buy from street dealers. Please, I love my family, they love me, don't take that away because you want to make money from big pharma. - *Maxwell G.*

#387 : Since I started using kratom, my mind is clearer, my body feels better, and I finally feel that I have regained some of the spirit I had before the addiction started

Kratom has been a lifesaver for me. I was dealing with chronic pain, as well as an unhealthy addiction to opiates that my doctor had been giving to me for years. Once I realized the impact of the opiates, I turned to Suboxone to get off of the pills. At the time, I thought it would help, but no one told me that I was getting to a deeper addiction that was being fueled by insanely expensive clinics basically legally dealing suboxone. When I realized that I was in over my head with the opiates & suboxone, I started looking for an alternative, one that would not damage my body, mind, or spirit. That's when I found kratom, and it was wonderful. I had gone through detox from both the pills, and suboxone, and it was absolutely horrible, & the fact that suboxone was harder to kick than opiates should be a wake up call for many. Since I started using kratom, my mind is clearer, my body feels better, and I finally feel that I have regained some of the spirit I had before the addiction started, many years ago. My chronic pain, & opiates to control the pain, no longer drive my daily activity. I am finally back in control, & I owe that to kratom. - *Dani Castro*

#388 : I would have committed suicide if not for Kratom!

Kratom saved my life. I have had 2 failed back surgeries and live in constant pain. I was suddenly taken off my pain patch

and Vicodin. I would have committed suicide if not for
Kratom! - *Carole Patton*



CHAPTER 6: REAL-LIFE STORIES ABOUT HOW KRATOM SAVED PEOPLE FROM ALCOHOLISM



This 2nd chapter of real-life Kratom stories focuses on how Kratom has cured people from Alcoholism. As discussed in Chapter 4, scientific studies have proven that Kratom targets the root cause of Alcoholism, via eliminating the pleasure that is felt when ingesting Alcohol. This benefit of Kratom has saved countless lives, as shown by the real-life stories below.

#389: Kratom has saved my life. Because of it I am 9 months sober

I used to be a chronic relapser and I have not had the desire to drink since starting Kratom. I have a new job. Named employee of the month after only 3 months there. I have not missed a day of work either. - *Robin Arender*

#390

Kratom has kept me sober after 15 years of daily drinking. Please don't make it illegal! - *John B Bolton*

#391 : *Drank for 12 years straight, finally was able to sober up with the help of kratom*

Tried going to doctors for help and AA but nothing worked. Kratom helps keep my anxiety manageable, without it I would start drinking again. - *Reece*

#392

Kratom has helped with my anxiety and to quit drinking - *Katherine*

#393

Started taking Kratom 3 months ago. I thought it was nonsense at first, but now my urges to drink are gone and I'm 3 months sober - *Bryan*

#394

Kratom tea has saved me from becoming an alcoholic and has helped me with anxiety and depression and my overall health drastically. - *Justin K.*

#395 : For the first time in 30 years, I no longer use alcohol

Kratom saved my life, after alcohol treatment, nothing could help me stop abusing alcohol, until I found kratom. It helped with anxiety and alcohol withdrawal, for the first time in 30 years, I no longer use alcohol. KRATOM SAVED MY LIFE! - *Ryan K.*

#396

Kratom helped me get free from alcohol which was destroying my life. Please keep this lifesaving plant legal. - *Jacky K.*

#397 : It has been a very big influence in making me the sober, responsible and motivated person I am now

Kratom helped me achieve new levels of peace from anxiety, depression and social disconnect. It helped in doing that by also allowing me to move on from drinking alcohol regularly which greatly benefited my physical, mental and social health. It also has been a performance enhancer via boosting my mood and productivity, as well as giving me enhanced physical strength, stamina and comfort. It has been a very big influence in making me the sober, responsible and motivated

person I am now. Those are just my benefits as a person who wasn't even battling any severe addictions but I have shared kratom with a few elderly people who are reliant on prescription painkillers that have been damaging to their lives, and they were so relieved and fulfilled with it that they began to move on from the prescription painkillers. Kratom is truly a gift from God that only helps, not hurts, without any negative side effects for both those that are seeking self improvement and those severely troubled with addictions and unhealthy habits. Thank God for kratom and God bless those wonderful communities throughout Asia that work so hard providing it to us, and thank you for your work in protecting and uplifting it to its rightful place of nobility and reverence that it belongs. Every human deserves and retains the right to cultivate their personal relationship with nature for health and growth. Thank you - *Duztin Sipes*

#398

I've been clean of alcohol for the better part of 18 months and my life is constantly good thanks to Kratom - *Rob Vanlearn*

#399 : Since I began using Kratom to manage my pain, I've been able to quit drinking altogether

I suffer from chronic pain from a herniated disk and several other injuries to my back and neck from a car wreck with a drunk driver. I struggled with pain management for years

going from prescribed medication that made my thinking slow and impaired, to drinking heavily to cope with debilitating spasms that could last for days. Since I began using Kratom to manage my pain, I've been able to quit drinking altogether (which is something I had never accomplished since I was 18 and started drinking). I have more focus and energy than I have since I was a teenager and I have had no need for narcotics that inhibit my mind or cause more problems than they address. Kratom has helped me get my life back on track! - *Scott L.*

#400 : I now have no desire to drink alcohol, had it not been for discovering Kratom through a friend that wanted to help, I would be dead

I used to look to alcohol to give me some kind of motivation throughout the day to take care of my 5 kids. Kratom alleviated my depression and anxiety and gave me energy through the day, with zero side effects and no withdrawal when I stop for a day or so. I now have no desire to drink alcohol, had it not been for discovering Kratom through a friend that wanted to help, I would be dead. Especially since I lost my daughter my alcoholism became a full blown addiction, Kratom tea saved me. I recently told my aunt about Kratom and she stopped drinking as well and saved her life, she's been in and out of the hospital for alcohol withdrawal, is 63 years old with high blood pressure and since doing the Kratom she's been sober. - *Melissa Abskharoun*

#401

I was an alcoholic and addicted to other drugs. Kratom got me clean and helps with chronic pelvic pain due to severe endometriosis and fibromyalgia. My liver does not metabolize codeine well, so vicodin and percocet never worked well enough. I don't want garbage pills, I want what has worked for me for 6 years without taking away my functionality. - *Margo L*

#402 : 2 years later and my father doesn't drink and his welfare and morale have never been higher

My father and I began experimenting with kratom a couple years ago. My dad was in a bad motorcycle accident and began drinking heavier after pain and depression had taken over his waken life. I read about kratom previously and we went to a novelty store one day and I bought it after hearing a story from a man just getting off work who told us his experience that he had injuries and pain that were not being treated well, and he was addicted to opioids. His story is that Kratom helped him to get off pills and he now took a small amount daily after work. We decided to buy some. My dad took it and immediately noticed relief. I took it and noticed I just felt better. 2 years later and my father doesn't drink and his welfare and morale have never been higher. I would hope our government officials would recognize the multiple successes that came from this plant. It truly has changed our lives - *Tony Shats*

#403 : I now (with the help of kratom) do not crave alcohol nor do I take any prescription narcotics

I work full time. I have a wife and a beautiful daughter. I have depression, anxiety and ptsd. I used to be an alcoholic. I have found that Kratom helped me immensely during my life of mental disorders and my alcoholism. I now (with the help of kratom) do not crave alcohol nor do I take any prescription narcotics. I feel as if my life is back and that I can actually LIVE and be with my family again. "Genesis 1.29. Hebrew: God said, "See, I give you every seed-bearing plant that is upon all the earth, and every tree that has seed-bearing fruit; they shall be yours for food". - Adam W.

#404

Kratom made me realize that I am a good person. I stopped drinking so much. Got my life in order, and now have a gainful profession. I don't understand how we can call this a free country when there are those that seek to police actions of others that harm no one, nor concern anyone. That is not freedom. - Isaac Washko

#405 : Kratom was the only thing I found in my years as a very heavy alcoholic to help me quit

I tried countless times to stop drinking and every time it just got worse until I was severely under weight, sick and almost losing everything. I have used kratom daily to help with any cravings I have for harder substances. I always worry about

what will happen if my supply of fully cut off. I appreciate what you guys are doing. Thank you! - K. L

#406

Kratom is in the coffee tree family and is basically just like coffee. It is good for your health if you brew it as a tea. It is what I drink now instead of alcohol. I am an ex alcoholic. It has made me a better person and gives me energy and strength. It helps my depression. Keep this legal it's good. - *Eric Allain*

#407 : I no longer have any desire for alcohol

I am an addict/alcoholic and have been since I was a young adult. I've been to rehab, AA, NA, and a live-in therapeutic community in the 70s. I also was diagnosed with "bi-polar 2" thirty years ago, which presents as chronic anxiety and depression. It wasn't until I discovered and tried kratom 2 years ago that I finally feel like I have a handle on my mental and physical pain. I no longer have any desire for alcohol, and my anxiety and depression are reduced to a level I can live with. There is no doubt kratom has not only saved my life, but made living much more tolerable. I'm 73 and hopefully will enjoy quite a few good years of life ahead. - *Peggy Yost*

#408 : I've been clean and sober off drugs and alcohol for eight months today thanks to the use of kratom

From the age 14 I've abuse drugs and alcohol. It started with weed then the pills and later meth. I've been through multiple rehabs and lost multiple jobs. Today I have my life back, I've been clean and sober off drugs and alcohol for eight months today thanks to the use of kratom. I can honestly say I'm a productive member of society a wonderful father and a fun person to be around. People look up to me now, and trust me and wanna be around me. Also my mom was an alcoholic for 20 years I got her taking kratom And she has six months off of alcohol and pain meds, and I finally actually have a mother. Kratom is designed to help people. It has for me and my mother. - *Nathan Teixeira*

#409

Kratom relieved me from heroin. I eventually stopped using kratom... 7 years later I developed a taste for alcohol and IT became the problem and I found myself a serious alcoholic. I began using kratom again and what do you know? I no longer drink alcohol. Kratom saves lives. It's saved mine twice. Please consider this herb's magic properties for people with addictive personalities. - *John Bolton*

#410 : Kratom helped me stop being a raging alcoholic!

Plus Kratom helps with all soreness & when taken properly, gives a nice boost of energy. I've been using it for almost 4 years now & know for a fact that it does not destroy my body the way opioids do! - *Todd Eckart*

#411

Kratom has saved my life. I come from a long history of alcoholics in my family, and I was on that same path. If it weren't for kratom I wouldn't be functioning as an adult today. I have ended up in the hospital multiple times, lost many jobs and couldn't even find a reason to live anymore. Taking kratom has helped balance my mood. I've seen many people get off of hard drugs and manage excruciating pain with it as well. I can imagine how many lives that would affect if freedom was made unavailable to the millions of people that use it to survive. Please pay attention to these people as they reach out to you about this subject because for many of them banning Kratom would be the last straw for their efforts to stay sober, or their efforts to manage pain. - *Brianna Burkholder*

#412

I use to be an alcoholic and kratom saved my life. I have a wonderful family now and my kids are my life. - *Fedra Ruiz*

#413 : Without kratom, I would probably be dead, and possibly crashed into some innocent bystander while drunk

Kratom keeps me sober. I was an alcoholic and would drink between 8-15 beers daily, along with hard liquor. I fell asleep behind the wheel on a highway leaving a nightclub downtown and thankfully I woke up. I prayed for God to help me, but I could not overcome my addiction on my own and

put my life and other lives in danger when drinking by being irresponsible. My coworker suggested kratom to me. I researched online and saw that kratom is natural, so I tried it. I immediately felt optimistic about life, and continued to research more and have not stopped yet. I have been using kratom for about one year and haven't had a drink since my first month of consuming kratom. Without kratom, I would probably be dead, and possibly crashed into some innocent bystander while drunk. Kratom has given me a new outlook on life and I am writing this to let you know that kratom doesn't destroy lives, it saves them. My eyes are tearing up as I write this. I usually work about 60 hours a week and have aches and pain that kratom dulls so that I can stay productive. It is a lifesaver for many. It is the safest thing I consume and works wonders for the mind and body, I feel a closer connection to God and feel that my life has more purpose now. Please research the benefits of kratom. Thank you and God bless - *Sean Perry*

***#414 : Kratom did help alot with the pain and since alcohol and kratom don't mix well at all, I quit drinking
alcoholically***

I started using kratom over 4 years ago. I was drinking heavily for much of my adult life. After age 45, I developed debilitating pain in my legs and feet. I am poor and uninsured like many Americans and since I cannot see a doctor, I researched myself. My best guess is that it was gout resulting from my alcoholism. It took several minutes every

morning to get to my feet. I would lean against a wall as I took my first steps. It felt like I was walking on glass. My roommates invited me to a trip to Disney World and I knew I wouldn't be able to walk the park all day long. I heard that kratom relieves pain safely for millions of people, so I tried it. Kratom did help alot with the pain and since alcohol and kratom don't mix well at all, I quit drinking alcoholically. Since that day, I have been in a biking accident and a car accident. I have chronic pain in my knees and back. My chiropractor and the nurse practitioner approved my kratom use, as it is safer and more effective than the dangerous opiates prescribed to so many Americans. I take kratom twice a day. I work in a large store stocking shelves and I cycle over 150 miles a week. This is only possible because of kratom! I have also been able to go to SeaWorld and Universal Studios and walk the entire parks pain free. - Brandon Decker

#415

Kratom stopped me from being an alcoholic - Kyle

#416 : If it wasn't for kratom, I don't know if I would be alive at this very moment

I stumbled upon kratom, when my ex-girlfriend made a tea with it. I was trying to quit drinking and was getting severe anxiety, shakes, and withdrawals. I have been an alcoholic for 15 years, consuming close to a gallon of liquor daily. If it wasn't for kratom, I don't know if I would be alive at this very

moment. I have been taking it as a supplement for 7 years now and it has eliminated my craving for alcohol. If it becomes illegal, I don't know what I would do if the cravings came back. Please keep it legal! - *Aleksey Rozov*

#417

Kratom has made my life better. It slowly made me stop drinking, not that I had a problem, but my life has improved in some measurable ways since I found kratom, something so much cleaner than alcohol, that doesn't alter my judgment, or make myself and others lose control of themselves. For me kratom is maybe relaxation and clarity, less invasive physically/mentally than any alcoholic buzz. We should have more options and it's absurd to make this plant illegal. I find this plant is very helpful personally and appears to be even more so for others...and it should be shared with the world. So many people could benefit from this plant. It's been around, and mankind has used it for at least hundreds, if not thousands of years. I truly believe this plant is simply put, high reward, low risk, and that's based on my personal experience. - *Tim*

#418 : *I've been an alcoholic and drug addict for 30 years until I discovered kratom*

Kratom does not make me high but it does "scatch the itch" and it has helped kept me clean and sober for 4 years. Please do not take this away from me! - *John Vinsant*

#419 : It completely kills my alcohol cravings. I don't know what I'd do without it. It saved my life

I had been battling substance abuse & addiction for at least 10 years now. Juggling my private, professional life, & emotions everyday. I tried everything! Kratom is the only thing that works. It's a substance that doesn't make you incoherent. Doesn't cause violence. Isn't hard to quit. And it completely kills my alcohol cravings. I don't know what I'd do without it. It saved my life. In America, thousands feel the same. If & when Kratom is outlawed, it will cause the largest substance abuse explosion we've ever seen. I'm very concerned about this. - *Shelby Dodson*

#420

Please protect the legal use of kratom. It has helped me with pain and to stay off alcohol. It has zero negative effects! - *Evan Caffrey*

#421

Kratom has helped me with anything from minor pain to alcohol addiction. I use it daily and have never had any negative effects from use. - *Beau Langevin*

#422

Kratom saved me from alcoholism and still does - *Chad Morgan*

#423 : Kratom has saved my life from a life-long addiction to alcoholism

Alcoholism was the cause of myself dying at the age of 18. Luckily I was revived and lived through the overdose of alcohol. Alcohol is extremely dangerous, extremely addictive and addiction to alcohol will eventually kill. I am now sober, I have a beautiful quality of life, free from addiction thanks to a wonderful God blessed leaf known as kratom. Kratom has also helped with fibromyalgia-like symptoms and pain. I can actually work fast and efficient pain free thanks to the leaf of the kratom tree. I urge all who reads this, that kratom remain free just as nature intended it to be in the first place. Thank you for taking your time to read my brief but detailed experience I have had with kratom. I can finally live with a beautiful outlook on life free from pain, making my quality of life the best since I was born. God bless you all, and God bless kratom and the people. Sincerely - *Jonathan Kuffler*

#424

Please allow us to consume kratom it has saved my life from chronic pain and cravings such as for alcohol. I'm willing to be a test case to prove my findings. I am able to work full time when before i couldn't even tie my shoes or get out of bed. Please stop taking away herbal remedies. Stop trying to ban my rights as an American citizen. - *Rachel*

#425

It helped me quit drinking alcohol! Once i started drinking kratom at night, i began to lose the desire for beer! - *Mike Garr*

#426

Kratom has been very helpful to me and helped me to stop drinking alcohol. Kratom is completely safe and I feel like it gives me more energy too. - *Jon Moore*

#427 : Kratom has helped me get clean from alcohol and much more

It works better than my ADHD meds for focusing. It gives me better and less jittery energy than coffee. It helps with pain when I don't want to use a dangerous NSAID. It's really a miracle plant, and it would be a shame if science and the voice of the people were to be ignored and this plant were to be banned. People are already distrustful of the government, a ban of this plant would cause a major uproar. Kratom saves lives, and it should stay legal. - *Elijah Crabtree*

#428 : I have had a troubled past with alcohol and since using Kratom I haven't drank for 14 months

Kratom helps me relax after work instead of using alcohol. Plus these plant medicines should be legal since this is supposed to be a free country and making plants illegal is an asinine concept. - *Darren Lee*

#429

Kratom helped me to get off alcohol and helps with depression and anxiety and it should be legal. I know of people getting off of heroin because of kratom, so legalize it.
- *William Kelley*

#430

I'm a 53 year old retired Entrepreneur and Kratom has saved my life over these last three years as I no longer drink alcohol (or have any desire to) and I no longer struggle with anxiety. I live a very happy and healthy productive life now. I wish I would've discovered Kratom earlier. - *Julie Martin*

#431 : Kratom has helped me stay away from all drugs including marijuana and alcohol. It saved my life

I starting taking Kratom about a year and a half ago. I struggled with depression very bad and I would use alcohol to cope with it. I've been in and out of rehab since I was 17. I'm now 26. Kratom has helped me stay away from all drugs including marijuana and alcohol. It saved my life. I've been sober for almost 2 years now and that's the longest ever since I was 15 years old. - *Adison*

#432

Kratom helped me quit alcohol, twice. It's amazing because rehab, meds, and counseling did not help at all. - *Tim Mentzer*

#433

Kratom cured my alcoholism and anxiety. - *Manuel Ramirez*

#434

Kratom gives me energy and helps me stay off alcohol. - *Erin Fullerton*

#435

Same as my wife. No more alcohol. Thank you kratom. - *Al Longo*

#436

Kratom helped me recover from alcohol. - *Brandt Morehouse*

#437 : Kratom is helping me stay off alcohol and is most definitely helping with my anxiety and PTSD and sleeping issues

This leaf does not ever need to be deemed illegal in any state or country in this world if people would just open their eyes this leaf can be a game changer for the world - *Fabian*

#438 : Kratom has helped me subdue alcoholism and mood swings. My life is much better as a result

Legal prescription drugs (non-opioid) prescribed to me almost ruined/ended my life as well. I have gained the momentum to reduce my intake of substances that are

harmful to me, through the use of kratom. Myself and millions of others personally benefit from the plant and it should not be a restricted supplement. - *Andy Scott*

#439

Kratom cured my alcoholism, my physical pain, and depression! - *Stephanie*

#440 : Kratom stopped my alcoholism in its tracks. It gave me back my life. Nothing else worked

This is truly an amazing and beneficial plant. Please keep this available to anyone that wants Kratom in their healthy arsenal of alternative measures. Also, Kratom stopped my chronic arthritis pain; prevents muscle spasms in my neck due to an auto accident many years ago; and works as an antidepressant. The work on pain does not destroy my liver and the antidepressant help does not lead to negative results. - *John Ellison*

#441

I had dealt with alcohol addiction for over 20 years and gone through several rehabilitation but couldn't stay for long with the chronic depression and pain. Lost jobs, family, and health with the addiction until I found Kratom. It's been over 13 yrs and working full time. Got my family back and functioning in society. Depression is gone and enjoying life again. - *Russ Jackson*

#442

I've been using Kratom for a few years now. It's helps me tremendously with back pain, depression, and abstinence from alcohol as I was previously addicted to the substance. I also am a certified SMART Recovery facilitator, and I'm heavily involved in addiction recovery as a volunteer. I am aware of no one who has been harmed by taking Kratom and many who have benefitted greatly such as I. - J B

#443

I suffer from severe anxiety and had a problem with alcohol. I took a little kratom and it helped me so much. I don't drink anymore and my anxiety is gone. Kratom saved my life and without it I am screwed. Please don't ban it. This stuff I really need. - Valerie Vallejo

#444 : I credit kratom with my quitting alcohol

This natural plant has a positive impact on millions of lives. I am a 45 year old professional chemist and have been using kratom for over 3 years. I make tea with the leaves every evening and it gives me a clean boost of energy without the crash caused by caffeine or sugar. I credit kratom with my quitting alcohol due to the fact that kratom can help relieve anxiety. Additionally, I use neither recreational drugs nor big pharma drugs for any reason. An immediate family member was able to kick an opioid addiction with the help of kratom and he turned his life around. Leave kratom alone! I am sick

of our nanny state government controlling every aspect of our lives and destroying this once free country! - *Justin Arment*

#445

Alcoholism sobriety date: March 23, 2017, stopped smoking cigarettes' April 23. 2019 due to a heart attack the same day. I use Kratom to take the pain and stress away from my health issues. I wish the government would stay out of my life by not making Kratom illegal. Just another freedom being taken away by the government. - *Michael J Meyers*

#446 : It has helped me break away from alcoholism

I have seen Kratom help countless opiate addicts break away from a death spiral. Me personally, it has helped me break away from alcoholism. I was drinking 1/3 -1/2 fifth a vodka, whiskey, whatever I could find each night. I do still drink on occasion but that's what great about Kratom. If I feel the urge to drink I have a small amount of Kratom powder and the urge subsides. Regardless of the legal outcomes of Kratom I will continue to use. - *Larry Kuykendall*

#447

I am just writing to keep kratom legal because my girlfriend got off of alcohol completely and it helped her. It has never had any side effects on her and she is sober. It is non-

addictive and helps to get rid of terrible addictions. - *Enoch Montufar*

#448 : It's been 10 months alcohol free

I suffer from depression/anxiety plus alcoholism, and my life on SSRI's was not productive nor a good and happy one. For me personally those medicines made me worse ultimately and I would go drink alcohol whenever I could, nothing could stop me and I was about to lose my family and my life. Its been 10 months alcohol free and I am learning to manage my emotions the natural way, I couldn't be more grateful. Please keep this plant thriving in our nation, we don't commit or cause crimes or hurt anyone, we are tax paying good working citizens and would like to continue living a fruitful life. - *Tesneem Choudry*

#449

I've been taking Kratom for 5 years. I'm a 60 year old male and business owner. Take it for pain issues - I'm able to run again and lost all desire for alcohol. - *John Dallas*

***#450 : Haven't taken a drug or drink since I found kratom
5 years ago***

After 25 years or more of addiction, and depression and alcohol problems on and off, kratom saved my life - *Kevin*

#451

Kratom is the best herbal plant to relax, it helped me quit alcohol, and now I only use kratom if I feel I have too much work load or I'm too tired. Also, with all the covid19 hype and depressing atmosphere, I believe kratom strengthens my immune system - *Surinder Preet*

#452 : I used to suffer from addiction and alcoholism. Since finding Kratom i am no longer abusing illegal drugs or alcohol

It gives me a new found enthusiasm for life and I am now a healthy and happy father of a 1 year old little girl with a beautiful family and home and a great job earning around 100k a year. This plant has literally changed and saved my life. I have been consuming this plant for over a year now and my blood pressure has even gone down and all my medical examinations have been passed with flying colors. My immune system is stronger than ever! - *Isaac J Sandoval*

#453 : Kratom has helped me to not drink alcohol

Before Kratom I was an alcoholic that drank almost everyday to the point of inebriation. Drinking Kratom teas instead lets me keep my wits and gives me energy to accomplish household and work projects feeling great. I have found a new sober community through Kratom where we can drink tea and socialize without the drama and risks associated with alcohol. So thankful for Kratom! - *Truman Adams*



CHAPTER 7: REAL-LIFE STORIES OF OVERCOMING SEVERE CHRONIC PAIN CONDITIONS WITH KRATOM, INCLUDING FIBROMYALGIA, DEGENERATIVE DISCS, CAR ACCIDENTS, SPORTS INJURIES AUTO-IMMUNE DISEASES, LYME DISEASE, WEST NILE VIRUS, IBS, RESTLESS LEGS, RHEUMATOID ARTHRITIS, OSTEOARTHRITIS, NEUROPATHY, CANCER, & MANY MORE

This 3rd chapter of real-life Kratom stories focuses on how Kratom has helped Americans to overcome chronic pain conditions. In-fact, there are many stories in this section about how Kratom has helped people overcome even the most serious chronic pain conditions, in addition to numerous stories about how Kratom worked more effectively for severe chronic pain than even the strongest prescription opioids. This section highlights how Kratom is rescuing countless American from chronic pain, and how banning Kratom would plunge these Americans back into suffering and possibly even death.

#454 : Please DON'T ban this wonderful plant. It saved my life, I was in alot of pain daily due to arthritis and many surgeries

I have NOT had a pain pill in over 5 years, it is NOT addicting as I can go days without it if I'm pain free. Kratom has done so many good things for me and NOT one bad thing. So many people will die if it is banned, so many people will turn to black market drugs. - *John H Years*

#455

I use kratom every day for fibromyalgia and absolutely would not be able to function without it because I would be in uncontrollable pain. - *Heather*

#456

Switched from dilaudid to kratom for pain relief. I tried tramadol, oxycodone, and suboxone for relief and kratom has definitely been the best option so far. Also I can see how it can save lives with opiate addiction because detox is easier with kratom compared to suboxone and methadone. - *Ben*

#457 : I am able to use Kratom to manage my pain WHEN it occurs, rather than sustained use of an addictive narcotic

After 7 months of chemotherapy and radiation treatments for breast cancer (thankfully in remission), I was subsequently diagnosed with Sudden Onset Fibromyalgia and placed on

20-40 daily of opioid therapy (OxyContin). During my monthly visits to the doctor (over a 3 108year period), I was told that this was the only therapy available to me and that I should expect to use it for the remainder of my life.

Fibromyalgia is an extremely misunderstood affliction that includes excruciating pain in joints and muscles. As you might expect, this also causes mental anguish. Additionally, OxyContin, while managing the pain, causes mental foginess and inability to focus. By using kratom, I have been able to discontinue the use of OxyContin and regain my mental focus. I am able to use Kratom to manage my pain WHEN it occurs, rather than sustained use of an addictive narcotic. Kratom gave me my life back! PLEASE don't force me to use OxyContin again and PLEASE allow me to HAVE A CHOICE! - *Rhonda Swisher*

#458 : My daddy is no longer bedridden

I could share my testimony with Kratom but I will just say that it was a bandaid that I needed to heal but unlike me my father needs it. I'm so thankful for Kratom. Not only has it helped me overcome my anxiety and depression but it has given my father a new life and this is our version of Leaf of Faith. In 2017 my daddy was cut off of Morphine and Percocet after taking them for 27 yrs. By March of 2018 I was a full time caregiver. That following July my daddy said he was ready to go home and be with the Lord. At the time I was barely 27 so of course I wasn't ready for that so I fought harder. December 28th we finally seen a doctor that wanted

to help my daddy but the new laws forbid them doing so. That night I turned to a support group called Avascular Necrosis and asked them what did they do naturally for pain. A few said Kratom. I never heard of it so of course I googled it. I seen a whole bunch of negative articles and was terrified but the government failed my father so I had no choice but to take a leap of faith. We just spent money on necessities so we were broke and had to wait until my daddy got his disability check. By January 3rd 2019 we were trying Kratom. I asked my daddy how was he doing. When I seen him turn his head to the left and to the right and ball a fist up the best he could I knew right then and there that Kratom would work. Since then I've seen a brand new man. I prayed to God for medicine to help my daddy and God answered my prayers that late night in December. My daddy is no longer bedridden and he loves doing my laundry, but I personally love the help. I thank God for Kratom. I see why it's been used for centuries in Indonesia and other countries. It's a miracle. Please watch Leaf of Faith before you choose to ban Kratom. People like my daddy need it. Thanks to Kratom him and I make a great team. - *Shelby Ashpole*

#459 : I began taking it for relief of my lower back pain. It helps more than any Advil/Tylenol OTC type of garbage

I have been drinking Kratom tea for over 6 years. It has improved my life more than you will know. I began taking it for relief of my lower back pain. It helps more than any Advil/Tylenol OTC type of garbage. Since becoming more

educated within the kratom community, I constantly see a never ending spread of misinformation about it. It's beyond frustrating to read all of the lies and smear campaigns from the FDA. Kratom tea is NOT ADDICTIVE, there is NO IMPAIRMENT. Meanwhile, the FDA approves many harmful, addictive substances anyway. Cigarettes kill around 900 people per hour. Kratom tea has never been the cause of death in any case. The truth has been twisted to give that illusion many times. These deaths have all been from other substances. Just because a body was found with kratom in it, does not make it the cause of death. By the same logic, if a dead body had chocolate in its system, chocolate has to be the cause of death. Just another sad effort to demonize a beneficial tea. Kratom tea has been helping mankind for thousands of years. It's obvious to us all that the FDA receives money from the pharmacy industry. The last chief of the FDA was on the board of a pharmaceutical company. It is a threat to their profits, and they cannot stand the competition. I know I can speak for the rest of the kratom community when I say, we are sick of the lies from the corrupt FDA. They fail to see how it helps millions of people, and focus only on their kickbacks. We need to all work together and keep kratom legal and safe. It is my right as a free consumer in the United States to choose an organic, plant for pain relief as opposed to their harmful, addictive chemical pills. - Zachary Chapman

#460

Kratom isn't a drug, if anything it is an anti drug. It helps with withdrawal from drug abuse and many other things such as alcoholism. I have been using kratom for 3 years now and it has helped me in so many ways like pain management and mood stabilizer. I don't see kratom as something can be abused like illicit drugs. If i had to compare it to anything it would be like marijuana, something that has health benefits. Long story short kratom has beneficial properties that could help in alot of ways and I think taking it away from us would have a major downside because each person uses it for something different from pain management to social anxiety and even ptsd and if this is something that could help our veterans when the va or government won;t then why not let them and everyone claim the benefits of this plant. It's not a drug it's a lifesaving plant. - Jeremy Prater

#461 : Kratom saved my life in more than one way

After many surgeries and having rheumatoid arthritis, I have almost NO PAIN. I have NO side effects. I get many benefits from kratom, I get energy, pain relief, help sleeping, rls help, focus at my job, calms me down if nervous and can make me very happy if I'm down. It would be devastating to so many people if it was banned, people would die and also turn to drugs. If it stays legal and becomes legal you will see BAD drug use go way down over time. - John H Years

#462 : I'm 46 years old and Kratom saved my life

Over 15 years I've had 18 spinal fusions, injections, multiple rhizotomys and a electric stimulator. I was taking approximately 9 Percocets, 3 to 4 oxyContin and 4 Soma every day, I was a mess and didn't want to live anymore because there was no hope in sight and being in that much pain is no way of life. My poor wife was living with an angry drugged out zombie. Two years ago I heard about Kratom, like all the other healing methods I've heard over the years I was willing to try anything but expected little result. Kratom was the first day of sunshine that had come my way in a long time. My life was saved. Overnight I stopped All the pain killers. Never took them again. I started going to the gym again and lost 30lbs, I care about life and my appearance, my wife finally got her husband back again after all those rough years. Kratom is my life blood and without it I would go right back into the darkness. People at work thought I found the fountain of youth and are still amazed at my transformation, thanks to Kratom I'm a citizen of the world again and teammate with my wife. Kratom is life. Until you have chronic pain that drops you to your knees you simply will never understand so please don't take it away from me and others like me because we deserve and have the right to have the ability to live our life. - Micah May

#463

I'd like to share my story. I have a genetic bone disorder called Osteogenesis Imperfecta type 1. It's also called "brittle bone disease". I have had over 45 fractures in my lifetime. My

most recent injury was 5 fractured vertebrae in my back (picking up my 40 lb grandson). Every time I fracture, regardless if I need surgical intervention, opioids have been my only option for pain management. Usually, I only need pain control for 3 - 4 weeks while the fractures heal. With my back, the injury was so severe that I was on 10 mg norco x6 per day for four months. This might not seem like a lot, but physical dependence will definitely occur regardless. I stepped down to 2 pills per day and then made the jump to kratom. Talk about life-changing! I am a small business owner and I need to be out every day, focused and motivated. I am in sales so if you're not feeling great, that definitely shines through! I take 3 g every four hours during the day and 5 - 6 g at night for sleep. I am working full time and am so amazed that I am 90% pain free, with the added bonus of feeling energized and clear-headed. I use cannabis daily as well for pain management. I wish more people knew about this marvelous plant! The testimonials I have read really show the benefits of a natural alternative to opioids. So many people have been able to come off pills, heroin, benzos and subs with assistance from kratom. I am dismayed at the rabid and unfounded pushback from Drs, the FDA, the DEA and rehabs regarding kratom. It has literally saved tens of thousands of lives by offering an alternative to opioids. Live your best life - *Elizabeth Cochrane*

#464 : Kratom has improved my life more than anything else I've tried

I have had severe depression since 11 y/o, and I also suffer from 2 herniated discs in my lower back and scoliosis in my mid back. Suffice it to say, life kind of sucks. But kratom helps in immeasurable ways. Nothing has the combination of effects kratom does. Mood and energy boost, and pain relief properties allow me to live a semi normal life. Banning kratom would be like pulling the rug out from under my mental health. The risk of a fatal overdose is slim to none. It would be physically improbable to consume enough kratom in a short enough time span to cause a fatality. Please don't ban or put unnecessary restrictions on kratom, if you want to save lives and improve quality of life for tens of thousands of Americans. Thank you. - Aaron Ahlquist

#465 : For the first time in over 20+ years, I am finally in control of my pain and not the other way around

I am a severe chronic pain patient, who has been in pain, since I was 13 and I'm now just a month away from turning 36. I had to have a scoliosis fusion at 13, then due to it not fusing properly, the Lexington Shriners had to extend it, so I am fused from T1-L3. What little is left unfused has developed degenerative disc disease and causes me a lot of pain all day, every day, plus because of my scoliosis causing me to be unbalanced, I have problems with my hips and legs. I had a pain management dr, but was released from their clinic, when I received WV Medicaid (the office was in VA). Eventually I was able to receive a much lower dose of a different pain medication from my previous primary care

physician, but thanks to the WV Opioid Reduction Act (SB 273 from 2018), even that was taken away. Thanks to a fellow pain sufferer in a Facebook group of all places, I was told about kratom. I owe that woman my life. For the first time in over 20+ years, I am finally in control of my pain and not the other way around. For the first time in my life, I actually feel like a semi-normal person (I have had other health problems, since birth), who gets to be a productive member of society. Thanks to kratom I am now able to have a fulltime job and not have to deal with the negative side effects (like problems breathing with my one lung) my previous pain medications were causing. When I was on pain medication, I couldn't even make it until the time for my next dose without getting horribly sick and miserable, but now I don't start to get sick as soon as the kratom starts to wear off, instead my pain starts coming back and I know I need to take another dose. Please I am begging you from the bottom of my heart to keep kratom available for all of us who suffer with chronic pain. Sincerely - Amanda P. Hall

#466 : I am able to function again with only a small amount of pain. Kratom has given me my life back!

I am a 57 year old grandma who suffers from debilitating arthritis and fibromyalgia. Due to the opioid crisis, my pain medicine has been reduced leaving me unable to work, care for my home and play with my grandkids. Upon researching natural pain relief, I found Kratom. This leaf has been a God-send to me! I am able to function again with only a small

amount of pain. Kratom has given me my life back! Please do not make Kratom illegal. Without it I will be back to being unable to live my life. - Tracy Morgan

#467

This natural plant helped me more than prescription medications just as it has with thousands of others who suffer chronic pain on a daily basis. I know thousands of others get great relief too with pain, anxiety and depression. - Anita Redfish

#468 : It has helped me over the last 12 years better than any other medications I have tried for pain relief

It is important to keep Kratom LEGAL and available to consumers nationwide. It has helped me over the last 12 years better than any other medications I have tried for pain relief. It would be highly irresponsible to make it illegal in any way. There are millions of people who use it for its numerous benefits and we rely on it to keep us healthy and free from addictive drugs. KEEP KRATOM LEGAL. - Scott Helm

#469 : Kratom is helping me daily with my pain levels and fatigue

I have endometriosis that becomes debilitating at times but with kratom I can still work and carry on with my life. If this

plant was taken from me I would be at a total loss and unable to work. - *Crystal Patrick*

#470 : Kratom has saved my life in so many ways. Before kratom I was having to rely on pain medications just to be able to get out of bed and function as a mom

I wasn't able to be outside more than an 1 hour because my body would get so tired from all my medical conditions. Kratom has helped me be pain free and more mobile it has brought my pain levels for a 8/10 daily to a manageable 3/10. It is a true lifesaver for me and I wish it will stay legal so I can keep on having these benefits. Thank you for listening - *Sarel Rivera*

#471 : Kratom has saved me from a miserable, bedridden life of pain and taking pain pills daily!

I lived a miserable and painful life for over 10 years until I found Kratom. Kratom takes my pain away and does not make me feel high like the pain pills did. I am a teacher and can work now because of Kratom taking my pain away, and I haven't worked in over 15 years. If it was not for finding Kratom I truly feel I would be bedridden and leading a miserable life again! - *Jessica Zartman*

#472

Kratom is the only thing that helps my arthritis pain. - *Petrina Atwood*

#473

I have been taking Kratom for 5 years. Before Kratom I was unable to work due to chronic pain, depression and anxiety. Since I am able to manage all of these issues with Kratom, I am working full time and able to care for my children. This plant has made such a positive impact on my life. If this plant is banned, I fear for my life. Without Kratom i would not be able to do my job that I love, or care for my children the way that they deserve. - *Melanie Snyder*

#474 : If this plant is banned I will not have the freedom to do something as simple as walk, drive and sleep better

Please do not ban Kratom it has saved my life from chronic pain, depression and anxiety. This is a natural plant that in no way can be compared to opiates. It has given me my life back! I have fibromyalgia, degenerative cervical disc, bilateral arthritis in both knees and hips, and I was getting to the point where I could barely walk. Kratom takes my pain from 10+ to a 2. If this plant is banned I will not have the freedom to do something as simple as walk, drive and sleep better. - *Mary Ramirez*

#475 : Kratom brings my pain to livable levels and allows me to enjoy life again

I am a patient with severe facial nerve pain (Trigeminal Neuralgia). I have been a Kratom consumer for 3 years. I am now off opioids. Kratom brings my pain to livable levels and allows me to enjoy life again. Please give patients a natural option to control their pain. Kratom has been life changing for me. The best part about it is that it makes me feel normal. Not foggy headed. It's truly a miracle plant. - *Lora Romney*

#476

I use kratom for chronic pain. I was able to stop using prescription opioids and fire the pain management doctor. It works just as well and with a MUCH more favorable safety profile. Kratom needs to be legal for everyone, everywhere. - *Betsy Singh-Anand*

#477 : I take Kratom in place of opioids. I have chronic pain from nerve damage sustained during a surgery. Without it I can't work or be productive at all

This medicine has never made me feel “high” or sick in any way. I am responsible enough to understand the risks myself and decide on my own if I want to take it. Please don't regulate it so that I have to let someone else decide for me if I can have it (such as opioids). We have all seen how that went when we trusted drs to control that pain solution, and now many people like me are happy to have found an alternative when opioids are no longer readily available even for those who need them. The people who are taking it with other

illegal drugs are ruining its safety records for all of us. Please don't let some bad apples ruin it for everyone. - *Annie Nicole*

#478

Kratom has helped my chronic back pain when nothing else has. In turn, this has helped me become a more productive citizen in my community. - *Bethany William*

#479 : *There is nothing else that helps like Kratom does*

After 20+ years in pain management, I was released in 2017 from my pain management doctor because of the CDC guideline goof. That's all I can call it. It was suppose to be guidelines for general practice doctors but it spread into the pain management community like a wildfire. Legitimate pain management doctors were being targeted by the DEA which made them extremely gun shy. I can't say this was the whole reason I was released but it had a lot to do with the attitude shift in my doctor regarding opioids. Needless to say I was left high & dry in treating my pain. 20 years of a functioning life, 20 years of no problems associated with opioids. I reluctantly tried Kratom after buying pain meds off the street for over 6 months. Constant daily chasing the relief I had had for over 20 years. 6 months of always worrying that I would be arrested or OD from an incorrect med. Kratom was incredible, does it take care of all my pain, no, but it makes it so I can function in my daily life. I am no longer taking anxiety/depression meds either. One thing about Kratom is, if

I am out I don't experience the terrible feelings of being dope sick. Yes I want the pain relief but I am not crawling up walls until I can get more. Since I don't see a shift back to prescribing opioids for pain patients, there is nothing else that helps like Kratom does. Making Kratom illegal at this point would again leave pain patients looking to the streets for relief. Considering its harder to find legitimate opioids, people will be finding illicit fentanyl and heroin. There will be more and more deaths from those drugs. Kratom offers a legal way to control our pain. I feel the push to make Kratom illegal is that the government is not benefiting financially from it. Plain and simple, they want the monetary benefits only. It would be a travesty to deny people Kratom. If the government were to actually listen to the people they would find the benefits of Kratom. Over-regulation will be the death of something that works. - *B.P*

#480

I have been using Kratom for 7 years now with absolutely zero side effects. If it wasn't for this amazing plant I would be in constant, debilitating, crippling pain. - *Eric Vagge*

#481

I take kratom every day with each meal. It helps me move and get motivated. I'm 40 and have arthritis and a bad back. There are days that I do not need it but I like having it available always. - *Theresa Richards*

#482

I've been taking Kratom since last summer, due to inadequate pain relief for my degenerative disc disease. It truly makes a positive difference in my quality of life. Many people are suffering from chronic pain without enough effective safe alternatives. I am grateful I have this option. - *Jamie I.*

#483 : *I would commit suicide without kratom. It's the only thing that helps my pain*

I have a rare disease called relapsing polychondritis in which there is no FDA approved treatment. - *Olivia McIntyre*

#484

Kratom helps better than pain meds. I have severe back problems. I get more done when I use it. It really is a blessing from God!!! - *John Rowe*

#485

I have fibromyalgia, IBS and migraines. I was on 19 meds including opiates. I still couldn't hold a job or take care of my family. Because of kratom I now am on 4 meds and coming off two more soon. I hold a full-time job and go to school. Kratom has given me my life back! - *Shannon H.*

#486

I am 33 years old. I was working and fell 30 feet and was severely hurt. I was bounced around from dr to dr who were afraid to give me medications for pain. I also witnessed a close friend commit a murder suicide (he murdered his wife and committed suicide) I was 20 feet away and watched it all walking up to their home. So along with PTSD and agoraphobia, I have chronic pain, fibromyalgia, arthritis, about 50 broken bones, and many other issues. First I had to choose between anxiety or pain medication. Now I cannot get either. I never missed a medication count or failed a urine test or even missed an appointment. But for some reason now I cannot get any help or medications unless I go to the street for illegal narcotics like heroin because you cannot even find pills on the street. I have 3 kids and a wife. I am not a street person. I miss so much with my family due to pain and anxiety. Because I don't trust street drugs or street dealers. So why do I have to suffer, what did I do wrong, I fell working, got screwed out of any kind of financial settlement because I trusted my boss who lied. I don't steal or hurt people. I want to enjoy life but every day i dread to wake up cuz its always just pain and my heart beating out my chest. So again why do I have to suffer. People are against things like kratom either don't suffer with chronic pain or have a dr that treats it cuz if they felt what I felt they would be heroin addicts. What gives people the right who don't even know me to tell me what I can or can't do or put in my own body. They aren't suffering. So the last time I ask why do I have to suffer. If you're against this than literally give me an alternative force

a dr to give me pain medication or pay for my surgery that has a 20% to work with a 1 year recovery time. Or tell my kids why their father can't play with them or even take a walk with them. Statistics say in 6 months I'll be a heroin user and eventually die on the streets by overdose or violence. Leave people alone worry about yourself. There is only one God, to me you are not him, so you can't control me, and I think he understands what I go through. Kratom is a plant, God made it and he doesn't make mistakes. If you're not religious just worry about you and yours not me and mine. - *Jimmy Brown*

#487

Kratom saved my life, after multiple spine surgeries I was addicted to synthetic opioids. I would have overdosed by now. I only take kratom for chronic pain and it has changed my life for the better. Please keep Kratom legal. - *Ryan A.*

#488 : Kratom has been a God-send for me

I live everyday with severe chronic back pain, and this plant allows me to be active and enjoy life outside. I can participate in activities I before couldn't. I used to be on oxycontin and developed an early addiction. Kratom has done amazing things for me without the risk of abuse as narcotics had - *Brett Simpson*

#489

After being treated with opioid pain pills for my Fibromyalgia I started looking for a better option. Kratom provides me the pain relief and help with sleep and mood without all the negative side effects of the previous pain meds and antidepressants that I was prescribed. Having a chronic illness that has no cure, and little offered in the way of relief, I find it very empowering to have a tea that will give me relief. - *Lorre Hopkins*

#490 : I would rather take Kratom than any opiate ever for the rest of my life. I feel so much better taking this

I have Psoriatic Arthritis and Fibromyalgia. I also have multiple bulged and herniated disc in my spine. My doctor and the hospital where I used to live decided to take everyone which of whom weren't just out of surgery, or dying of cancer, off of pain meds. Left a lot of the town going to Kratom. When I first took it I only took one or two it did nothing. So I tried cbd, which helped but not enough. So I went back to kratom to give it another try. So then I started again with 4 pills that helped. Over time I went up to 4 grams = 8 capsules or 1 tbsp powder. And I found that is my sweet spot. I was initially worried about the "high dose" But did some reading and the plant is completely natural. Not synthesized to become stronger in a smaller pill form. So it seems like we're talking a lot when in fact were just taking what we need. Start small though and work your way up. I would start with 4 pills or 1tsp powder. Kratom maeng da green type 4 grams every 4-6 hours. My pain level 8/10 daily,

my ailment Psoriatic Arthritis and Fibromyalgia, among other injuries. What would you do to combat chronic pain without taking opiates and living on Ibuprofen that puts holes in your stomach. This stuff has done miracles for my life. Before I took it I was in pain, chronic pain from psoriatic arthritis, slipped, bulged ruptured disc all up and down my spine and neck. Twisted toes. Horrible chronic fatigue. All because of this disease. They took me off the opiates because I wasn't dying, I didn't have cancer. I hadn't had surgery. They did it to everyone in the town that I lived in. If I don't have something to help me with my pain I lay in bed all day and cry. I try so hard to get up and move around I end up snapping at my family and friends because I'm so angry and upset and in so much pain. What would you do or what do you do to combat your chronic pain? I have ulcers from ibuprofen and other nsaid's. Dependency is one thing and addiction is another. Somebody's dependent you take it away they go through the stages of withdrawal yes but they don't feel like they're going to die. I wasn't addicted to my pain pills. A lot of people are. But there are those if us that don't have addictive personalities to the point of snorting Percocets to get high. I forget sometimes how bad my body hurts until it's time to take my medicine again. I take my medicine and I go on with my life and it's freakin fabulous. I miss a dose because I feel good and I pay for it later but the point is I don't think about the pain it all day long like I used to. I know people that have committed suicide because they couldn't handle the constant daily horrible pain every day of

their lives. This I could not do. But I could and I would dip into a horrible depression if I had nothing to help me with my disease. I don't want to take opiates again and that's exactly what they'll do at the doctor's office even if I find another doctor. I would rather take Kratom than any opiate ever for the rest of my life. I feel so much better taking this. Most of us are not stupid, we start very low and we taper our way up very slowly until we find the dose that works. You do have the idiots out there that are going to ruin everything but they're making a choice to do what they do and those people are generally addicted to whatever they take. I don't have insurance. We can't afford it. I do need a biologic to stop the progression of my disease. Right now I just can't afford it. For right now this is what I have. Please don't take it from me. Thank you for reading my story - *Shannon Olson*

#491

I have been using kratom for over a year due to chronic pain. I have osteoarthritis and spondylolisthesis. It doesn't get rid of all the pain but it works as good as tramadol and I don't have to jump through hoops to get it - *Scott Goodwin*

#492

After 2 neck surgeries & lung surgery, I decided after 20 years on opiates to try kratom, it saved my life. The pain is still there but this helps so much, being treated like a criminal for being in pain is wrong on so many levels. With the recent ban

doctors are afraid to prescribe opiates, this too is a problem with the system. I'm getting flustered that's all - *Binky Odat*

#493

I'm a chronic pain patient and also have gastroparesis. I switched to kratom in January 2020 and was able to stop taking the suboxone and tramadol I was forced on for pain management. My mental health has improved. My motivation and productivity have improved. I no longer take 10 different pharmaceuticals for various purposes. As time went by I introduced more herbals and botanicals and have a whole new lease on life. I turned over a new leaf and it gave me my purpose and lifestyle back. I am a chemical dependency counselor and have a bachelor's degree in applied behavioral science and am fully interested in helping others with chronic conditions and chemical dependency transition into natural health care. The PAWS was my biggest challenge and kratom really changed things for me. - *Patricia Farley*

#494

I have used Kratom for about 4 years now. I have degenerated disc disease and cervical disc disease and arthritis and fibromyalgia and few other things. Kratom has helped me to keep moving and able to continue to work. This is a wonderful plant. Many people could benefit from it. - *Debra McGowen*

#495

Had been taking Meloxicam and Flexerall for back pain and residual pain from carpal tunnel surgery. 1.5 years ago started Kratom and the need for medication has been greatly reduced or eliminated. - *Titius S.*

#496

Kratom helps me with my fibromyalgia and osteoarthritis -
Catherine Mcgraw

#497

Not only has kratom relieved me of my chronic joint pain due to lymes disease, using kratom also has lowered my high blood pressure, relieves my insomnia, and also I haven't suffered from a panic attack since I have been consuming kratom. I was on huge amounts of opiates for pain which left me feeling lethargic, still in pain, and I got to the point where I couldn't get out of bed without them! Then doctors just took me off in a taper that I wasn't ready for! I ended up suffering from horrible withdrawal! I then discovered suboxone, which saved my life for awhile, that begin to make me feel worse, I discovered kratom and researched anything I could find about kratom, good bad and ugly, before I decided to consume it. But I was so glad when I finally did decide to consume! I didn't feel "high" or out of control, i felt genuinely GOOD for once in many years!! No pain, no stress, no worries, just felt great!! And it's been this way for me for the

past 7 months! Don't get me wrong, I still have a few bad days, but NOTHING like it was before kratom! - *Dale Gould*

#498

I have been using kratom for 6 years without any adverse effects. I work for the Dept of Corrections in NY state, which calls for long days. I suffered from back pain for a very long time before I discovered this God given tree leaf in the coffee family. Please look at the facts about this herbal supplement before you decide to listen to bias. - *Richard Willsey*

#499

My hand was cut off in 2006. It took 17 surgeons 30 hours to put it back together. Because of this injury I was given very strong opiates for the pain. It took me years to get off of this debilitating drug. I heard about Kratom, I tried it and not long after I was off pain medications. Many years later had a shoulder surgery took my pain med which I didn't like but in severe pain. Once the initial pain was gone from surgery I have been taking kratom everyday for my pain as needed. I will not take opiates unless I'm straight out of surgery and for those who know once you go under the knife your body is never the same. Please don't take a tree away from us that works to take away the pain. I have heard that big pharma is trying to reproduce this natural product. I will not take it if I have to get a prescription for a synthetic version. - *Douglas Jaynes*

#500

I was prescribed narcotic pain killers for many years due to chronic pain issues. I didn't feel well and knew I was reliant on them and didn't want to be. Also, my husband had started abusing my prescription and it was causing problems in our marriage. A friend told me about Kratom and I started researching. It sounded very promising so we decided to give it a shot. It has helped both of us get off of the pain killers and it helps with pain. It is enough, along with occasional aspirin or Tylenol, to keep me functioning and I also have energy! I have recommended it to many people who are tired of being reliant on pain killers. The majority have gotten clean and are very happy with life again. It is truly a God-send. - *AJ Pac*

#501 : Kratom saved me and gave me a life I didn't know I could even have

I was able to leave opioids and a wheelchair behind. As a single mother of 2, it helps me with all my symptoms of MS, fibro, sciatica, among so many other things. My children are so happy to have their mother back - *Nyssa Schonauer*

#502 : KRATOM is THE BEST pain relief I've ever had, and I've been dealing with chronic pain for about 16 years now

The mornings are the worst and I don't sleep very well either. I've abused almost every kind of opiate painkiller there is trying to help with pain through the years, and now we

finally have Kratom. I've went through cold turkey morphine withdrawal that lasted about 6months, that was before I found Kratom). That was hell. I used to eat SOMA by the handful 10/15 at a time, but I knew it was going to kill me if I didn't stop, after years of all them pills, I FINALLY told my Dr. the truth about the SOMA so he would cut me off and he did. I'm 43 yrs old been an alcoholic since the age 12 when I took my first drink, my LAST DRINK was Jan 13 2016. I found Kratom in 2015 It changed my life, no more pills, no more alcohol ,and ALOT LESS PAIN. KRATOM helps me be a father to my son. Kratom gave me my life back. KRATOM SAVED MY LIFE. I AM KRATOM. The Benefits I get from Kratom are PAIN RELIEF. I lack energy Because of chronic pain, Kratom helps me so much in both areas. Living with chronic pain is the biggest challenge I've ever faced in life. Being prescribed opiates turned into a nightmare, Kratom got me clean and sober after 30 years of being drunk and or high off different drugs. 3 months after I started using Kratom regularly, the urge to drink vanished. 1 impatient treatment stay and 6 outpatient treatments didn't get me clean or sober, all treatment did was help me find new druggo buddies. The community and people surrounding Kratom is truly amazing and has been very beneficial in my recovery. KRATOM SAVES LIVES. IAMKRATOM - *Michael Jay sr*

#503

It's the only thing I can take for my pain that doesn't need constant dosage changing, making me more and more

addicted to opiates. Please don't make me be a rx junkie again and keep Kratom legal! It's cheap and safe and helps SO MANY people stay clean from other drugs, just check out r/kratom to see all the stories! - *John A Kelly*

#504 : I would recommend this substance to anyone suffering from chronic uncontrollable pain

I have degenerative disk disease due to accidents and hard physical labor. I have endured 5 spine surgeries for a broken neck and crushed disks in my lower back. Doctors have refused to perform any more surgeries. Regular pain medicines do not work for me and the side effects are devastating. The pain limits my activities and has caused depression. For about two years I have been using Kratom. I take it by the spoonful with water. If the pain is especially bad I will take two spoonfuls. The effect is immediate and within 15 minutes I no longer hurt. I have not suffered any side effects although I am careful with my other medications and the use of alcohol. My muscles relax and the tightness and spasms disappear. I would recommend this substance to anyone suffering from chronic uncontrollable pain. It is inexpensive compared to modern pharmaceutical drugs and in my opinion a lot more effective. - *Roger H Thomas*

#505

I developed an autoimmune disease that causes excruciating back pain. After seeking some relief from the medical system

and being insulted and treated as though I was a drug addict looking for my next fix, a friend told me about Kratom. After finding the right strain and dose I've been nearly pain free with no need to enrich a failing medical industry! I thank God every day for kratom! - *Robert Barker Jr.*

#506 : My life is 100 times better than it was before

I found kratom this year and have been using it for the past six months, as does my fiancé. It has changed my life! I have been in chronic pain for 21 years and have been on different pain and anxiety medication. Kratom takes care of both of these issues without all of the awful side effects from prescription medication. My life is 100 times better than it was before. It has been years since I have been this happy, years since I was able to do everything I can now. - *Lisa Frazier*

#507

I was prescribed opiates for over fifteen years, I wish I would have known about kratom sooner. I have spina bifida in my lower spine and deal with anxiety, insomnia, and depression. Kratom helps to lower my pain, I'm sleeping better and it helps to lower my anxiety and depression. I love this plant and I have no side effects and have never suffered from withdrawals. Thank you kratom for giving me my life back. - *Brian Rummel*

#508 : I tried kratom. It's been a life saver. I have some quality of life back

I have multiple autoimmune diseases, including rheumatoid arthritis - so I suffer from chronic pain and fatigue. I took opioid pain meds for a few years, but found I needed more and more just to control the pain, and I hated the nausea, dizziness, and shortness of breath that came along with them. I lost my husband to cancer 2 yrs ago, and I watched him become more and more addicted to pain meds as the cancer progressed. It was a scary thing to watch. I didn't want to go down that road too. So with some research and a suggestion from a friend, I tried kratom. It's been a life saver. I have some quality of life back. It doesn't magically take away all my pain, but enough that I can function. With no side effects - no nausea, no dizziness, no shortness of breath. It's amazing. I've been taking it daily for 2 years now. And the only thing I feel if I don't take it - my pain comes back. No withdrawals, nothing. This plant is amazing, they just need to follow the science, and not let greedy bureaucrats decide it's fate. #iamkratom - Katt Keller

#509 : Kratom has literally saved me from needing opioids for pain relief

It also helps with my anxiety. Making this illegal would be detrimental not only for me but for countless others who have found this and are using it instead of more harmful medications. - Luv Varner

#510 : Pain and depression are manageable again

My testimonial: All my life I have endured what was sometimes unbearable bodily pain from a degenerative spine disease. I also admit that depression has gotten the best of me until I decided to go on medication. A couple years ago I cracked a molar - it wasn't the first time - and dentist after dentist refused to take the tooth out because they could repair it, they said. After months of agony I finally found a dental surgeon who would take it out. Why is it that we must tolerate such pain and depression? Why is it that our government must regulate the medication that will help? We go to a doctor, we get Tylenol, a poison that doesn't work for pain? Marijuana is a great pain-killer, but it is illegal in most places. In my state there are draconian penalties associated with it. My quest since the incident with the tooth has been to find SOMETHING for pain and depression that is free to the people. We should not have to endure the huge burden of doctors' visits, high pharma costs, and the threat of jail time and ruination of our reputations. I found Mitragyna speciosa about four years ago. I didn't think the testimonials about it were true, but yet another scam. I finally bought some, and when I ate a little of it I was astounded that it fixed both my pain and depression within 30 minutes. I take it every day now and have put away the NSAIDS, pills and capsules. I don't need them anymore. Pain and depression are manageable again. I thank the Almighty for helping me find Maeng Da variety. This is how it works: Maeng Da is a

relative of the coffee plant. It is grown in the far east. It has big leaves that are ground into a powder. The powder or capsules are taken with water. The molecules of the Maeng Da plant fit into the opioid receptors of the brain - the effect is much like that of an opioid like morphine - killing pain and raising the mood significantly. However, it is NOT an opioid or narcotic, therefore it is not addictive and can be used to help get someone addicted to pain pills get off of them. Further, it is not detected in drug testing. The results are significant for me, and I'm hoping they will be the same for you. - *Jackson Snyder*

#511

I use Kratom for RA and back pain and no longer long for the opiates. Please keep Kratom legal and available for for those of us who have found it to be a miracle replacement for opiates. - *Janice Holbert*

#512

I was skeptical at first because I had tried cdb with little benefit. The first time I tried Kratom for chronic pain I was amazed. I thought, how can a tree leaf bring pain relief with no or mild side effects. Kratom works and in today's current environment when people are turning to street drugs because doctors won't prescribe the medications they need. A tool like Kratom is incredible to have in the toolbox . Keep Kratom legal! - *Mike Roberts*

#513 : I've taken Kratom daily for over 3 years in order to help deal with severe mercury poisoning

If this plant was not available to me, I would not be able to work. People have taken this plant to cope with various stressors for 1000's of years. If you have any political leverage in this life, get on the right side of things and help people rather than hurt. - *Yishay C*

#514

I'm 61, was active and worked since i was 15. 10 years ago my knees gave out, had 2 orthos. Still have bone on bone in both knees. was addicted to opiates (240 80mg per month) prescribed....near death. Found kratom and it saved my life. The most miracle plant I've ever seen. Many of my friends are also in same boat. I will tell my story to anyone. - *Scott Sandquist*

#515

Kratom has saved my life and allowed me to live pain free without the use of pharmaceutical drugs that come along with debilitating side effects and life ruining addictions. - *Byron James*

#516

After neck surgery was sent to a pain management doctor who prescribed hydrocodone and morphine. I did not like the narcotic side effects, then a friend told me about kratom. I

now have gone five years with no pain medication. - *Kevin Robins*

#517 : Kratom has helped tremendously with my back pain due to degenerative disc disease

It has also helped with my depression and has given me energy when I have none. Please keep it legal. There's so many of us that count on this wonderful plant that is related to the coffee bean. Thank you - *Kerri C.*

#518 : Without kratom, I will die

I am 64 years old. I have terrible pain from degenerating arthritis. My joints are being destroyed. I have been taking kratom for 5 years. I can still contribute to this world. Without kratom, I will die. I use to use alcohol. You can imagine what that did to me. Doctors won't prescribe pain meds. I meditate and take my kratom. It does NOT make me high or mess up my coordination as other things do. Please, please do not take it away or I will die. - *Ong*

#519

My name is Joshua and mid way in my twenties I was diagnosed with two bulging discs and spinal stenosis and was put on pain killers. I did what most have done and got

addicted and lost everything. It wasn't till a few years later I discovered Kratom. If I had known or had access to this at an early state I would have had a very different story. This leaf is truly life saving and so important for some to just simply make it through the day and live. Please hear our plea. -

Joshua Harris

#520 : Having suffered serious orthopedic injuries 19 years ago, Kratom has been a savior

I have had to use prescription opioids after numerous surgeries, but not for prolonged periods of time. This is because Kratom sufficiently manages my chronic pain and allows me to function without the use of prescription opioids and without having to be concerned about those medications extreme addiction potential and potential deadliness. -

Michael Leblanc

#521

This is a miracle plant that has helped me get a bit of quality of life back. Because my pain issues presented during pregnancy, doctors after pregnancy lumped me into group instead of looking at my scans x Ray's and altered gait. This plant helps me so much! Please don't take away my quality of life! - *Candance Preacher*

#522 : Kratom saved my life. I have a body full of injuries from decades of abuse and from decades of iatrogenic injuries. I suffered in excruciating pain that could not be

*controlled for years before I discovered kratom in early
2014*

I've been taking it ever since, with regular tolerance breaks, under the care of my GP, Neurologist, Neurosurgeon, and Internal Specialist. My organs have been in great shape since 2013. We've closely monitored them, getting function tests every 6 months, and I'm doing great. I was able to start working again for the first time in 8 years last April. Thanks to kratom, I'm able to work a fast paced food serving job, on hard floors, all day long with a totally destroyed spine from top to bottom. I got my life back thanks to this magnificent botanical. I'm a functional member of society. I never stood a chance before I found kratom. In fact, the week I decided to try it (after I looked into it for a year) I was going to go beg my therapist to commit me. I took my dose and walked into her office a totally different person. She told me she didn't recognize me at first because I was standing up straight, interacting with people, and this was the first time in the 2 years she'd been seeing me that she saw me smile and heard me laugh. She never knew the real me before kratom. I love making people laugh. But that's not something I was able to do living in pain that makes complicated child birth feel like a walk in the park, for years. - *Heidi Medel*

#523

Kratom has allowed me to still have function while reducing my need for opiate medication. Prior the kratom I was bed

bound in agony. We are asking for sensible regulation for this natural plant. It is a plant of use, not abuse. - *Dominique Rauton*

#524

Please keep Kratom legal. I'm 50 yrs old with fibromyalgia and chronic fatigue and I was bed bound when I was on medications. Over 400 pills a month. Now I only take herbs and supplements and I'm raising my 8 year old granddaughter with adhd - *Tammy Brewer*

#525 : I use kratom for chronic pain from a serious accident and since I found it my life has gotten immeasurably better

When all I had available was opiates it was much harder to control and it messed with my head. I've never been a drug person and opiates were really yucky. I barely notice that I've taken kratom at all and it knocks the pain down to a level I can work with. - *Xelle Wyble*

#526 : No prescription has helped. Kratom helps

If it weren't for kratom, I could not function due to the pain. I have spinal nerve pain which no prescription has helped. Kratom helps. I work 40 hours a week. Without it I could not. - *Sandra Rimmer*

#527 : If you ban this, we will be in pain

This wonderful natural plant has taken the place of our pharmaceutical pain killers for many years, even before they were banned. If you ban this, we will be in pain. People in pain do bad things, sometimes they get suicidal. This plant does not get you high or have bad side affects if used properly and without other harmful drugs. Please leave our leaf alone. We have used it safely for many years. - *Vickie Harbin*

#528

This plant has saved my life. It controls my pain and is almost impossible to abuse. - *Alvin Perry*

#529 : Kratom has helped me with chronic pain and has been such a blessing in every way

I can't go back to pain pills, I hope I never have to take one again, they don't let me properly function like kratom does. I don't want to spend my life high. I have my life back due to kratom, please keep it that way. - *Nick Staehle*

#530

I don't drink alcohol. I don't smoke or use any type of drugs. I am getting near retirement and have arthritis in both knees. Kratom and ibuprofen together allow me to keep working. - *Tanya M Ray*

#531 : Kratom has saved my life, and when I say it saved my life, I mean that in so many different ways

I found kratom almost 3 years ago. I suffered trying to work all the time with damage in my entire left side of my body. My job requires alot of lifting and by the time I was 35 my back was completely giving out along with my neck and left arm, hip, and leg. I tried going to doctors and got turned in circles for a few years, couldn't even get a test approved by my insurance to see what all was going on. I would lay in bed and cry all the time, not even able to hold my head up without severe pain. I tried different pain medication over the years but due to the opioid crisis it became impossible for me to get relief, besides the damage to my body I suffer from severe fibromyalgia which is often completely debilitating for me. When I finally found kratom I was at my wits end, about to give up, NO ONE deserves to sit and suffer the way I do with nowhere to turn. Kratom has saved my life, and when I say it saved my life, I mean that in so many different ways. I work anywhere from 60 to 100 hours a week to support me and my 3 children with no other support BUT my job. I live a life without depression and severe anxiety and I have not had to be on blood pressure medicine since I started taking it either, the pain I was constantly in cause my blood pressure to be stroke level on a daily basis, now my blood pressure is almost perfect. I am begging the powers that be to leave my medicine alone, it would ruin my life if you took it away from me!!!! - Jamie Wagner

#532 : Kratom has saved my life

Dear Interested Parties: I have been a kratom consumer for almost a year. I have scoliosis, degenerative disc disease, ankylosing spondylitis, fibromyalgia and chronic fatigue syndrome. These diseases leave me unable to basically take care of myself, let alone have a social life or even hobbies. When my doctor withdrew my fentanyl patch, which I used successfully for 5 years without abusing, I turned to Kratom. Kratom has saved my life. I was able to go off the patch and Tramadol safely without withdrawals and now I can take care of myself and go out socially. I am no longer depressed. I urge you to make Kratom legal on a federal level so that people throughout this great nation can have the relief they are entitled to. Thank you and God bless you for reading this!
- Debra L Johnston

#533

Kratom has made my life so much better. I have chronic pain and other health issues, this supplement has given me my life back. Please don't take this plant away from millions of people who use this. Thank you so much - *Francoise Turner*

#534 : I need Kratom for the arthritis in my back

It gives me pain relief that enables me to work without any of the dangers narcotics bring. - *Brian Kent*

#535 : This plant product that you are trying to ban literally saved my life

I found kratom several years ago, I'm not a drug addict, I use it to control chronic pain. I have tried the prescriptions that the doctor put me on, they have either put me in the hospital or almost killed me. I literally had reached the end of my pain tolerance when someone suggested I tried kratom. This plant product that you are trying to ban literally saved my life. Because of it my kids still have a mother and my grandkids still have a grandmother. This plant does not get rid of all my pain but it does drop it to a level where I can live with it. Please take my words into consideration and stop trying to ban kratom. Thank you sincerely - *Lisa Pickeral and Family*

#536

Kratom has saved my life. I was in so much pain and kratom has helped so much. - *Sarah Ryan*

#537

I would like a choice of adding natural health supplements to my plan of care for my health issues. Scientific research is there and shows Kratom is safe for use. I have chronic illnesses that require pain relief. I didn't want to take prescribed opioids or others because of the side effects and the high probability of becoming addicted. After adding Kratom to my plan my pain levels are now lower so I am able to do things like walk through a grocery store, spending time

with my family, do small household chores which gives me an improved quality of life. - *Dawn Grace*

#538

Kratom is one of the botanicals that are in my toolbox of naturals that help me control my pain. I've been taking it for almost 5 years and have not had any negative side effects from it. - *Grace Osborne*

#539 : It helped me put my life back together after starting down what would've been a very dark path

I have rheumatoid arthritis and after a surgery on my wrists became addicted to narcotics. This went on for 3 years until I discovered kratom, I started taking it and it relieved both my pain and withdrawal symptoms from the medications. I stopped taking all pain medications as with the kratom they were unnecessary. The inflammation seemed to almost disappear, I found myself capable of functioning normally and working and raising my family again, my depression diminished and after about a year of only taking kratom I found I could easily reduce the amount I took and not "need" it except for when my arthritis was especially bad. It saved my life, I can't imagine where I would've ended up if I had gone down the spiral of addiction to pain medication. Now, despite my arthritis, I'm able to continue working on my education (I'm working towards a nursing degree) hold down a full time job working in a nursing home, and actively raise

my children and engage with my community. The pain from arthritis can be debilitating and I'm regularly concerned about the prospect of not being able to take kratom when it gets to be too much. It's never put me in a state of altered consciousness, or knocked me out, or turned me into a different person and pain medication did all those things. I don't want to think about going down that route again, and I'm sure my story is very similar to thousands of people. I've never heard of anyone taking it to get "high", because it just doesn't do that. It helps. It helped me put my life back together after starting down what would've been a very dark path and I am constantly grateful to continue to have access to it. - *Melissa Lohman*

#540

Kratom allows me to be a functional member of society. Without it, I would probably be on disability. - *Becky Thompson*

#541 : *Kratom has quite literally been a lifesaver for me, a two-time disabled cancer survivor*

I have been using it for 6 years now, never needing to increase a dose, and it addresses my pain in safe and efficient ways. The idea that this life-saving plant might be rendered inaccessible to us, who use it responsibly and count on it as not to ingest dangerous narcotics (the only other thing that

relieved my pain), is unacceptable. All work toward ends to render this plant legal and accessible are appreciated. - jmdm

#542 : Finally, I found relief

I was brutally injured by the dental community here in fort collins, CO. I was in great health and merely cracked a tooth on a very hard piece of gluten free toast. She extracted the tooth and placed an implant and bone graft that never adhered. Five minutes after walking out of there my life was changed forever. This was over three and a half years ago. She burned the nerves in my mouth according to the head of Oral Services at the University of Washington who wrote the book on oral pain used at the University as well as other teaching Universities. Nothing could be done, the damage was permanent according to the Neurosurgeon who sent me to the pain clinic. I was in horrible pain with what was diagnosed as trigeminal neuropathy. They began throwing me toxic medications like Lyrica, gababapentin, and at least 5 others. Not only did they not help with the pain, they caused neurological issues. I was treated like an addict. This went on for 6 months when I finally tried Kratom. Finally, I found relief. It took a while to try different strains, but once I understood and knew what would help, I could at least function at minimal capacity vs being bedridden. To take this away is criminal. It puts us back in the hands of the pharma giant that gives and takes away, that treat you like you're seeking drugs, something I never had to do before this. Let us decide how we want to treat our pain, our depression, our

anxiety. This plant does all of that without the horrible side effects of medication. This is 2020, we are adults and deserve better than this. Thank you - *Helen*

#543

Kratom helps me with my back pain. - *Donald Waddell*

#544 : *This plant has helped me have a quality of life that I never thought I would have*

Two and a half years ago I was in a bicycle accident that left me paralyzed from the chest down. I was put on all sorts of drugs for pain that made me drowsy and forgetful. These included several opiates which really worried me until they were taken away because of the crisis. Once that happened the pain I experienced made me want to take my own life. That is until I found kratom. This plant has helped me have a quality of life that I never thought I would have. Even though it doesn't completely rid me of the intense nerve pain and spasticity, it does allow me to live my life. It also had the extra benefit of easing my anxiety and depression because of my injury. It makes absolutely no sense why there would be a push to ban this lifesaving substance. There is absolutely no evidence that it is addictive or causes harm. In a time where opiate overdoses are on the rise it makes no sense to get rid of a plant that is helping people get off of them. - *Clinton Bartok*

#545

Many citizens of the United States use Kratom to help many conditions. I have used Kratom for several years with no problems. I suffer from chronic pain due to osteoarthritis and fibromyalgia, along with osteoporosis and osteopenia. I have been able to work full time to support myself because of the relief that Kratom offers me.- *Betty Ostrander*

#546

I have a tremendous amount of back pain as well as arthritis pain, especially in my arms. The kratom allows me to be able to live my life. Since I am also a disabled American who is housebound and cannot get out on my own (I use and need a hover lift) and is in need of a caregiver also. Kratom has made it easier for me to be in the wheelchair and go to doctors offices and come home and not feel the need to sleep for three days because of the excruciating pain from being in my wheelchair. I don't know what I would do without it!! Please keep it legal. This is only my story, others have stories that are more "in need" than mine. - *S. Hunt*

#547 : Kratom has given me my life back. I don't have back pain any more, and I don't have a foggy brain from pain meds

I am focused, Alert, energized, happy, anxiety free and pain free! My life would be held back by pain, anxiety and depression if it wasn't for kratom. Please keep it legal, it's a

wonderful natural alternative for me with far less dangers. -
Angela Whetman

***#548 : I have friends who were ready to kill themselves
from chronic pain prior to finding kratom***

This plant saves more lives than you can conceive. It isn't a drug that gets you hooked and high, it's a PLANT that gets people clean, helps anxiety, pain. I have friends who were ready to kill themselves from chronic pain prior to finding kratom. PLEASE, don't let Big Pharma take this away from us, then use it to create drugs they can make money off of. It's a human right to use the plants the earth grows as long as they don't hurt us, and kratom is only beneficial! - *Ginger Irvine*

#549

I've been taking Kratom for a little over 5 years now. It helped me with my pain. And I've witnessed it helping others also. -
James

#550 : I've regained my life

4 back surgeries, 2 knee and so far 1 shoulder. I have a degenerative joint/connective tissue condition and am in constant pain. I'm nearly 58 and work construction. Pain meds at this point are not an option. Kratom has given me a quality of life that I thought would not be possible. With constant pain came much depression, that has changed. I've regained my life. - *Randy Wiggins*

#551 : I was in so much pain that I was considering suicide. Had I not found Kratom I probably would have went through with it

Kratom has saved my life. I have been unagreeably reduced down from the amount of pain medication that I need to remain productive and able to manage my chronic pain. I was in so much pain that I was considering suicide. Had I not found Kratom I probably would have went through with it. And my story is the same as many hundreds and maybe thousands of people suffering. If your goal is the kill off a lot of people then fighting against Kratom will most certainly achieve that goal. Chronic pain is no joking matter. It has severe physical and mental side effects. It's just like taking away heart medication from people with cardiac problems. -
Hyman Jarret

#552 : I thank God for his creation every day & the healthy life I can live because of it

I am a 57 year old cancer survivor. During many treatments, I used prescribed narcotics to limit the pain. This was the first time I had ever taken anything like that for pain. Unfortunately, I became addicted, in a short time, to this medication. I knew I needed something for the pain I was dealing with & went in search of a natural solution. In my search, I came across this plant, a tea leaf called Kratom. I made a choice to try this natural remedy & 2 years later, I can honestly say I have not & will never put any more pills

(poison) in my body. I thank God for his creation every day & the healthy life I can live because of it. I will close with this: I am a daughter, sister, Mom & grandmother. If someone had told me I would have to openly admit I had formed an addiction with something that was meant to help me, I would have told them they were mistaken. My entire family will tell anyone I am a healthy, happy & pain-free human being now, thanks to Kratom. Please, before making a decision that will affect over 5 million people, all I am asking is to search the scientific info & all the lives this plant has changed for the better. Kratom is not a high!!! I cannot fathom the articles I read comparing it to Heroin & worse drugs, which I never touched. - *Sherry McClain*

#553 : Kratom helps my chronic pain and allows me to work and provide for my family

I was in a severe car accident that almost paralyzed me, and due to my allergy to codeine and morphine I cannot take pain medicine. It also has kept me clean and sober off of all other drugs and pharmaceuticals for the last 7 years. I'm the healthiest I've ever been. - *Lillian Miller*

#554

I'm asking you to please stop the ban on kratom. I use kratom as a pills alternative. I have fibromyalgia, an injured spine, chronic fatigue, depression, anxiety and PTSD. Kratom helps me get through the day with less pain, more energy and I

don't feel so scared all the time. Anxiety gives me a feeling of constant fear. It's no fun to be scared of everything all of the time. I discovered kratom after the Dr I was seeing was shut down for over prescribing her patients. I was lucky I didn't die from a heart attack due to not being weaned off 15 prescribed medications. Although it was a blessing because all those pharmaceuticals were changing who I was as a person. I'm so grateful for kratom and only buy from vetted vendors who test their products. Please help the kratom community, we are just wanting to keep our plant legal so we have natural options. Thank you for reading. - *Mia Templeman*

#555

Spinal cord injury has lead to to multiple problems due to affected gait. Intense lower back pain and arthritis has been helped significantly by the use of Kratom. - *William Smith*

#556

I can not get any relief from any doctors. Kratom has helped my arthritis and fibromyalgia. I also have pinched nerves in my lower back and my Occipital nerve in my head. - *Victoria*

#557 : I haven't felt such blissful relief in ten years!

I am a Chronic Pain patient for the last decade. Some days bedridden. Living minute to minute, not able to make plans, because I don't know if my body will allow me to stroll

through the Flea Market, or go to the movies. Pain levels off the charts at times. Most of the time, living life at an eight out of ten on the pain scale. Zombie, is a good way to describe my existence, no joy, no light, no goals, just waiting to die, is how I felt. Depending on prescriptions that shame on them, MADE ME WORSE, instead of better. Shame on Big Pharma for placing profits above patients. After missing out on family events during the holiday season, I had had enough, and began researching Kratom. A month I combed the Internet, watched documentaries, read first hand accounts about how Kratom saved lives. So I did it. Decided to drink some tea. Yes, TEA. Kratom tea, in its natural powdered form. Thirty minutes after drinking my tea, it was as if a fog lifted. My pain level went from an 8 to a 2! A TWO! I haven't felt such blissful relief in ten years! A little less than a dozen PRESCRIPTION medications had not provided me with this sort of relief, in ten years. For the first time in a decade, my husband and I are actually making plans to travel outside of a 20 mile radius. I am LIVING life again. Without pain, without clinical depression, without thoughts of suicide. People fear what they do not understand. It is such a simple fix, to learn about the benefits of Kratom, and how it helps so many people. People like me! I beg you, to understand the Kratom community; a community made up of, chronic pain patients, MS patients, FORMER legal drug addicts (like Oxy, Fentanyl, morphine), FORMER illegal drug addicts (like heroin, meth, cocaine) and alcoholics! All of us united behind a natural cure. A plant in the coffee family.

Please, don't allow fear to take away our CURE! - Danielle Boyer

#558 : Kratom has made it possible for me to manage my pain while actually improving my health

I have been completely off of multiple prescribed pain medications for almost 4 years. I have many health and pain issues and kratom has made it possible for me to manage my pain while actually improving my health. Please do not take away our natural, God-given options for pain management, especially during such uncertain times! I find that idea especially cruel and overwhelming. I as a human being, an individual, and as an American deserve to keep my rights in this regard and to not be controlled by big pharma takeover. I've been damaged enough by supposedly "safe" medications and desire to maintain my quality of life, ESPECIALLY while confined to my own home. Thank you for your consideration.
- Linda Beshar

#559

I am a Kratom consumer and have used Kratom for over 2 years now. My daily life has been affected with chronic pain and depression. Kratom helps relieve some of those symptoms. Its not a cure all but it helps me get out of bed and get on with my daily life. Millions and Millions rely on Kratom. - Kelly Ulrich

#560 : It has saved me from a life full of pain

To whom it may concern, I have been using Kratom for a couple years. It has saved me from a life of being addicted to pain meds. It has also saved me from a life full of pain. Please allow me continued access to this wonderful plant without fear it might be made illegal. Thank you - *Gail Dew*

#561

Kratom has saved me from having to rely on opiate pain medication for my severe back problems, without it, I'd live the rest of my life either miserably in pain or, even worse, addicted to FDA approved pain meds. - *William Allen*

#562 : Thanks to Kratom I have been pharmaceutical free for almost two years and I feel better than I have in a long time

I am a SAHM to 5 kids ages 2-18 years old. I was a chronic pain patient for over 20 years due to Psoriatic arthritis, Fibromyalgia and Degenerative Disc Disease. For the first ten years I was on more narcotics than I could count along with a cocktail of NSAIDS, muscle relaxers, Neurontin, antidepressants and anti anxiety medications. My doses had gotten so high I was on Fentanyl patches and high doses of narcotics for breakthrough pain. I was tired of always feeling spacey and falling asleep and not even knowing it and quit cold turkey because when I asked the doctors to help me wean off they said it would not be possible. For the next ten

years I thought I was doing pretty well managing my pain with Subutex, NSAIDS and muscle relaxers because I could at least function normally and raise my kiddos. In 2015 I nearly died due to a severe GI bleed/stomach ulcer caused by the NSAIDS. I was on Subutex for a few more years and I tried many times to wean myself off of it because it cost our family over \$300 a month out of pocket to get and was hurting us financially, but the withdrawals were insane and the pain unbearable. This is when I started looking into natural alternatives to manage my pain and I found Kratom. I read about it for months before I finally put in my first order. I was very skeptical and was not expecting much. I had weaned down to a minimal amount of Subutex and started taking the Kratom and I was shocked how much it helped my pain. It wasn't just my pain though, it helped with the chronic Fatigue that comes with Fibromyalgia Immensely. I was shocked but so thankful, I stopped taking the last of the Subutex and surprisingly the Kratom started to work even better. I am so happy to say, that thanks to Kratom I have been pharmaceutical free for almost two years and I feel better than I have in a long time. I am still in pain, but it is much more tolerable and now I don't have to deal with the side effects of all the medicine. This leaf has been a saving grace to my life and I hate to think of the pain I would be in without it. - *Jennifer Andres*

#563 : Before I found this leaf I was in so much pain that I begged myself daily to keep holding on when all I wanted was relief, and death crossed my mind regularly

I use pure unadulterated natural leaf and it helped me to get back enough relief to have quality of life. Please protect this leaf for the millions that need this safe natural supplement. -
Florence Southard

#564 : I suffered for years until I found kratom

Please consider legalizing kratom for everyone. It has been such a life saver for me. I have had 13 surgeries since 2014. The first surgery I had was the most trying, due to the fact that I had to have a portion of my skull removed. I was 16 at the time. I suffered for years until I found kratom. Nothing otc helped my pain. I have been in and out of emergency rooms/hospitals just simply trying to get relief to feel normal again. I discovered kratom over a year ago and have been taking it since. I have not been to the emergency room since then. Kratom has been essential to my being in remission. I can now say that I feel normal again and I have kratom to thank for that. Think about it, I could've easily gotten the narcotics that people who are struggling with addiction would love to have, but what life would that be? Kratom has been such an asset to my life. Please consider giving this relief to everyone else, after all, don't they deserve it? -
Lauryn Patterson

#565

Please follow the science behind the safe use of kratom. This natural plant has given me the option over multiple prescription medications that were robbing my life and time with my family. I have a chronic pain issue which kratom has been the best thing to manage it by far with none of the side effects the medications gave me. - *Lauren Baumgardner*

#566

Nerve damage from two back surgeries and kratom helps with pain so I can work stocking groceries every night. - *James Robert Penn*

#567 : Before I found this plant I struggled to get out of my bed to just take care of my kids

Please reconsider banning kratom. I suffer from chronic pain, fatigue and anxiety. I have been using kratom safely for almost 3 years and my life has been so much better. Before I found this plant I struggled to get out of my bed to just take care of my kids. I was at the mercy of pain drs and prescription pills that never gave me the quality of life I have now. I work full time and I am a single mother of three girls. I wake up go to work as the head housekeeper for a busy hotel. Sometimes cleaning up to 30 rooms a day. I come home to doing everything that I need to take care of my kids, by myself and I feel blessed to do so. I lived miserably in my bed for years. I can't, I won't go back to that life. Being a

productive healthy person is what i prayed for, for years. Kratom and other natural herbs have done that for me. I beg and plead for you not to take this plant from us. It's giving people a life and it is saving people's lives. Kratom is not dangerous. Kratom does not get you high. I should be able to choose whether i want to take plants or pills to take care of my own health issues. I have to live with this pain the rest of my life and i would much rather do it the natural way. That should be my choice. My pain, my choice. Please follow the science. Thank you for listening. - *Jessica Freeman*

#568 : I'm healthier than I have been in decades

I was on opiates for 20+ years. Last April my pharmacy did not have my meds to refill, as I never got mine filled until the day they were due, I was going to have withdrawals quick (I have a hyper efficient liver) my husband had been using Kratom for 18 months but I never trusted it to handle my pain. However, I knew it would mitigate the withdrawals. I gave it a shot and the pain control was unbelievable. I got my meds filled but haven't taken any since. I just made the jump and have my pain management docs full support. I now walk 2 miles a day I've lost 40+ lbs, my blood work is perfect & I'm healthier than I have been in decades. I'm going back to college and I'm happier than I have been since I broke my back in '98. Please do not make this illegal!!! I do not want to have to go back to taking opiates to control my pain. And the horrible depression that comes along with it not to mention the lack of true pain control. - *Laurie Blanton*

#569

Let people use plant medicine! Stop preventing and interfering the use of naturally derived kratom. It has helped me keep working and functioning even with debilitating spinal pain. - *Devin Grunke*

#570

I use it multiple times a day for chronic back pain instead of prescription tramadol. - *Steve Schulze*

#571 : It helped me when I could not get relief anywhere else

Since kratom helps so many people, chronic pain patients, PTSD patients, people who want to get off drugs, etc, I totally believe keeping kratom legal is the way to go. It helped me when I could not get relief anywhere else. Please, if you don't know anything about kratom, educate yourself! You never know when you might need it. I have been cut off again from any prescriptions and if I didn't have kratom I would be in terrible pain from arthritis, for kratom is also an anti-inflammatory. Thank God for kratom, it should definitely be legal. - *Maureen Hays*

#572 : Kratom has been a great relief from the neuropathy

I am a nurse who has been forced into retirement by 2 ankle surgeries on my right ankle, which is now held together by

pins, screws and plates. Although I am currently employed on the insurance side of healthcare, I am left with neuropathy that prevents me from getting sufficient sleep at night. I am on gabapentin at the highest recommended dose that only takes the edge off. Kratom has been a great relief from the neuropathy, allowing me to be able to get a decent night's sleep and be a functional member of society again. - *Liz Chakiris*

#573 : Kratom not only brings my pain level from a 10 to a 3, it also stops the opioid cravings

In 2008. I was diagnosed with degenerative disc disease (L4-L5) and epilepsy. That began a whole slew of different kinds of pain pills, injections, doctors' appointments and pharmacies. I noticed I started becoming addicted to pain pills after I lost my house and my job in 2009 due to my health issues. That and issues going on in my home life slammed me into a deep depression. From then on I couldn't function without a pill. I'd be so out of it for 2 weeks out of the month because my 30 day supply would only last me a couple of weeks. When I wasn't pillled up, I stayed in bed and only did the bare minimum in life until my next doctor's appointment. My pill cocktail was Oxycontin, MS Contin, Soma, Klonopin and fioricet. I was fired from my pain management clinic in April 2019 because I didn't show up for a per contract pill count. I knew I was 11 pills short so I just didn't show up! From May to June my kid's father came out here for my second daughter's graduation. I had already gone

through detox and I think he helped occupy my mind. My plan was once we dropped him off at the airport, I was going to start looking for another doctor. Instead I watched Leaf of Faith, a movie about kratom, on Netflix on June 25th 2019. I learned that kratom is a Southeast Asian herb that many are using for pain relief and to treat addiction. The very next day I went to the local smoke shop and bought some Urban Ice Kratom. And here I am today, 8 months later, sober and staying sober because of kratom and weed! Kratom not only brings my pain level from a 10 to a 3, it also stops the opioid cravings and elevates my mood along with the marijuana. I am a brand-new version of the old me. I am a thriving and functioning mother and member of society again. Kratom and marijuana are the tools I need for sobriety. In all honesty, I am still amazed that I'm alive today. If you think Kratom doesn't work, then by all means ask me how I am sober, sitting here typing this out. I and millions of others are living, breathing proof that kratom works! Kratom is FREEDOM, kratom is LIFE! - *Misty Brown*

#574

This stuff is an amazing product! It has helped me so much with my pain. Please keep it legal! - *Shawn Williams*

#575

This is a wonderful plant that relieved my pain after multiple brain surgeries. Please ensure it's available for people that need it's magic. - *Shane Chatfield*

#576

Please keep kratom legal in all states and territories! I have been using kratom responsibly for almost 5 years. My bp has gone down, my blood sugars have regulated and I am completely off prescription pain medication. I prefer a natural alternative to addictive, life threatening prescriptions.

#IAmKratom - Tiffany Agard

#577 : No more chronic pain and I have a zest for life

Please. Will the powers that be work on the real opioid problem and not try to divert attention by making it look like they are doing something by bad mouthing something that is safer than aspirin. I adopted a boy. He is 24 years old now. He will not let me even consider going off of it. He says I am so much healthier than before. No more chronic pain and I have a zest for life on a 1/2 teaspoon a day. I have no reason to take more. - *Victoria Fisher*

#578 : Please keep kratom legal. It has made my daily life so much more manageable and less painful for me

I suffer from lupus, back pain, fibromyalgia, constant pain. It is the only solution other than narcotics. It doesn't make me

feel out of it like traditional medications have before. I can actually function. I can clean, cook, take care of my family. This was not possible before I found kratom. It changed my life for the better. I have no idea what I will do if it is banned. I am terrified of having to go back to the way I was living then. I was miserable. Please keep kratom legal. - *Christi Elliott*

#579 : Kratom allows this older female to work, be a productive American and pay taxes!

With an auto immune disease, 2 crushed vertebrae, shoulder impingement and numerous other problems makes it impossible to work without some form of pain relief. Opiates aren't an option for me as my job doesn't allow so it's Kratom or not being able to work. SSDI is not something I want to have to go on. Thanks to Kratom, I and many others like me can continue to work, play with our grand kids and enjoy family. - *Lori Cain*

#580 : Kratom saved mine and my husband's lives

It helps us function when the whole world has gone mad and quit treating pain patients. Please keep kratom legal in all states so people have the chance to treat their pain with this natural herb. - *JJ King*

#581 : Kratom is a life saver for me, I have fibromyalgia and glaucoma

I am able to do things with my grand kids heck I'm even able to lift them. I am able to get up and go with my husband and just live without sleeping all day. - *Mildred Doyle*

#582 : Kratom saved my life almost 4 years ago

I have also helped many others battling addiction and or pain to discover the many benefits of this wonderful plant. I have MS, fibro, endometriosis and anxiety and I used Kratom in combo with other all natural alternatives and have managed to stay prescription free almost 4 years now. - *Kristine*

#583

Kratom has many uses for alot of different things in a good way. I use it for sleep problems and pain. And it works. - *David*

#584 : I would be bedridden if not for Kratom

I have been taking kratom for many years now. Was diagnosed with fibromyalgia in 1996. Doctor put me on opioids, was on them for years but had to up the dose again and again. Then with not being able to work because the Pills made me loopy. And they never helped fully. I was also an alcoholic and in 2006 I went into rehab and kicked my drinking problem, but still had pain management giving me opioids. I lost my 15 year old daughter in 2012 and went

through more Hell. 2015 I found kratom and I have a full time job I can do. Kratom helped me be non opioid dependent and no alcohol in my life as well. I take it for pain, for energy, for focus, for depression, for migraines, for pinched nerve in my neck and back. I would be bedridden if not for this. So please do not make this illegal. So many people take kratom for different things. My sister had sugar and high blood pressure and it helps her with that. I will fight for this plant because it's a life saver. - *Kimberly Ehrhardt*

#585

Don't ban it, it helps my diabetes via bringing my sugar down, it helps me with my pain! - *Deborah Zahn*

#586

Please legalize Kratom! It's the only medicine that works for my severe neuropathy. I've tried everything recommended by my physicians. - *Brenda Price*

#587 : *Kratom is keeping me from living with chronic physical pain*

I'm a 51 year old adult that has been deafened (late in life) by long term antibiotics and have muscle / joint issues and 2 herniated discs thanks to an FDA approved fluoroquinolone antibiotic. I am angry enough about that, it has turned my life upside down and I've lost everything. My hearing, my career, my home, my dignity. Kratom is keeping me from

living with chronic physical pain. I cannot endure that on top of all of this if you make it unavailable to me. We deserve to have access to safe and natural - not man made synthetic options. This leaf from this tree is what keeps me living. Please listen to us all, don't underestimate the importance of this plant. - *Kathleen T Perry*

#588

Kratom helps millions of people across the globe. It has helped me with back and nerve pain for years, in addition to helping my anxiety and depression. It is a wonderful plant, the FDA wants to spread misinformation about it, and make us criminals. We need to stop criminalizing plants! - *William Campbell*

#589 : *It really helped me*

As a Kratom user for at least 4 years I can attest to the benefits. I'm 61 now, I am a handy man and builder, working outside doing lots of manual labor, especially when I do island work, and as I age I'm getting worn out and my body is getting older. Of course, getting older and worn out my pain has increased tremendously. Yes, I should stop working so hard, but need to make money, I'm not one for hand outs, I always earn my keep. I discovered kratom about 4 years ago and decided to give it a try after using tons of other pain meds, aspirin, acetaminophen, Tylenol and the rest. Once in a while I was able to get opioids (which really work) for my

pain, and that kept me going on the job. Due to this new (fake) opioid crisis (should be a fentanyl and heroin crisis) you cant get any pain medicine. I tried some kratom samples and found that is helped with my pain and my attitude, giving me more incentive to get to work and know that I wouldn't be struggling with my pain. It really helped me! I tried a few different types white, red, green until I found that one that worked best for me. Once I found a match, I stocked up on it and now take it regularly in the morning and late afternoon. It does not give you a buzz, just more energy and hide the pain for a while, enough that I can work and not feel like I'm going to break at every hammer swing. Don't understand why this should be a classified as a narcotic, seems to me like the government just wants to control anything that will make you feel better, if its good or bad. This is good, not addictive, works on pain, works on motivation and doesn't hurt anyone. People should have the right to make their own choices, again good or bad as long as their decision does not affect others. Why should government tell me what to eat or drink, if something helps people don't make illegal, promote it. I just don't understand what the cause is that the DEA wants to make this a class one substance, IT'S NOT!!!!!! Why do they think its a "bad" drug. It's not a drug, it's a supplement like a good vitamin. Please leave this product alone and don't make it illegal to have or take, that's against the American way of life, freedom. Isn't that what the government is supposed to protect. - George Archambault

#590

I have used kratom for years to help me thru the pain of my job. It helps me to sleep and rest, and it takes away the pain that makes it so hard for me to get around. Please keep kratom legal. - *Gene Wegner*

#591

Over twelve years of regular use Kratom has given me zero negative effects and safe pain management that couldn't be achieved through the many drugs (with their horrible side effects) that doctors had tried before. Kratom took me from miserable, constant debilitating pain and a mind clouded and intoxicated with pharmaceuticals to a sober father, able to care for and play with his daughter. Anyone who would want to make me return to the "life" I had is a truly inhuman monster with no care for the well-being of anyone but themselves and their bank account. - *Jerry Roark*

#592 : If it wasn't for Kratom I would be in pain all of the time

I was once addicted to opioids as a result of having six surgeries done to my left hand. I was in pain all of the time and then I got tired of having to rely on synthetic opioids. I turned to Kratom. If it wasn't for Kratom I would be in pain all of the time. Kratom has provided me with a better quality of life and virtually pain-free so I'm able to live out my life without constantly being in pain or addicted to synthetic

opioids. I thank God for Kratom and I'm so glad I have found it. Please keep this wonderful plant legal as it has helped millions of people and improved their quality of life. - *Adam Spohn*

#593 : Kratom SAVED MY LIFE!

I am a disabled truck driver. 4 years ago, I could barely stand up straight or walk. I have degenerative disc disease, Charcot-Marie tooth disease, hep c, copd, emphysema and chronic bronchitis. Kratom SAVED MY LIFE!! Millions are responsibly consuming this plant. Please #FollowTheScience - *Mariha Alley*

#594

Please do not ban this plant. I have severe Rheumatoid Arthritis and this is the only thing that HELPS. - *Mary Roeckell*

#595 : If I did not have kratom for my pain I don't know that I would be here

I suffer from conditions that cause chronic pain and before I found kratom I was on oxycodone and fentanyl patches. I was so tired of the crap we had to go through to continue on these meds due to people who were out there buying them on the street to get high. If I did not have kratom for my pain I don't know that I would be here because the pain is just too

much and kratom knocks my pain down enough so that I can function. Please keep it legal. - *Lisa Owen*

#596

I have metal in my back and have been on opiates most of my adult life. Kratom is the only thing that has allowed me to get off opiates and still have my quality of life. - *Kristin Peterson*

#597 : I've been taking kratom for 5 years now, it saved my life

I have fibromyalgia and rheumatoid arthritis. I love kratom, please don't ban it, it helps get off opiates and heroin, it helps cancer and diabetes. Don't ban kratom it saved my life from pain and gives me energy. I'd be bedridden without Kratom. - *Evelyn Knapp*

#598 : As a single parent with acute neuropathy pain Kratom makes it possible for me to work two jobs and support my family, and have a functional life

I am completely clean and have never had addiction issues. Doctors overdosed me twice as a child and that's why I have the nerve damage I do today. The only drugs I've ever taken were prescribed. Without kratom it would be impossible for me to hold one job. - *Jamie LaGrow*

#599

I have arthritis and chronic fatigue syndrome. I have never taken RX pain meds. To me kratom is a natural way to help with pain. Also, it helps with anxiety. I am ready to stop my antidepressant and just use kratom. It's awesome. Please don't take it from us. God bless - *April*

#600

Kratom saved my life from pain meds daily that still didn't help the way Kratom does and didn't have as much functioning with pain meds as I do with Kratom. - *Alisha*

#601

The Lord's blessings to all according to his will. I am 67 years old and have had what the doctor says isn't COPD. I call it smoker's lungs. I take 2 measured teaspoons of kratom once a day. It helps my lungs breathe better and it relieves aches and pains without the harmful side effects that comes with pharmaceutical drugs. I've been taking kratom for 5-6 years now and GOD has made me a believer in HIS natural remedies of plants and herbs and leaves for healing and pain relief. - *Douglas Heeter*

#602

It has kept me off pain meds even though I deal with chronic pain daily. - *Kristi Jennen*

#603 : I've used kratom for pain management for over a year, it has changed my life

I'm intolerant to traditional pain medication and needed a way to be able to still work, not to mention I've seen the downside of friends becoming addicted to pills, and a few funerals. Figured there has to be a better way! Well we found it. I have osteoarthritis and I'm not even 50. I'm a skilled chef that enjoys working. Did not just want to give up and rely on disability. I want to work and be a productive member of society, paying and earning my own way. If kratom laws change in my state, you are taking that choice away from me. and many others. I also have seen people come off of pills and suboxone and such with kratom, and now live addiction free. This should be praised as a miracle and tested as such. Please help keep this wonderful plant legal. I cant work on weed, and well it just dumbs me down, and I cant take pills. Please don't make this choice for us. - Michele A Gay

#604 : The rampant prescriptions need to stop and Kratom needs to be a viable option

I've had multiple knee surgeries from different sports injuries. I basically lived on Norco for almost 2 years. I don't even want to begin to talk about how awful that drug is, and how difficult it was to stop taking. Once I stopped, the pain was an everyday struggle. It kept me from exercising like I wanted to, and so I became unhappy. In order to be able to exercise, I had to take about 1600 mg of ibuprofen everyday.

I had to stop that when I got an ulcer. Then one day I heard about Kratom on a Joe Rogan podcast, and decided to give it a try because I needed something to help with pain before, during and after my workouts. What an amazing plant this is. I have no side effects that can't be dealt with by simply living a healthier lifestyle. Kratom actually helps me live a better life. I'm eating healthier and snacking less because the effects of Kratom are better when taken on an empty stomach followed by a healthy meal. I'm drinking more water because Kratom seems to work better when I'm well hydrated. Same with sleep; I get much better effects from Kratom when I'm not tired. The best part about this plant though is the lack of addiction I have towards it. When I took painkillers for 2 years, my body craved those drugs. It was the first thing I thought about when I woke up in the morning, and the last thing I did before bed. I honestly feel lucky that I didn't die during those 2 years, and I was taking the drug as prescribed by a doctor. I never purchased them off the streets and I always followed the dosage guidelines, but I still felt addicted to the painkillers. I don't feel that way with Kratom. I know I can walk away from it without any issues because I've done it. I take breaks every few weeks, so my body doesn't get used to it. And guess what? I don't feel any withdrawal symptoms like I felt from coming off the prescribed painkillers. In my opinion, painkillers have a VERY small niche to fill in the medical field. They obviously have their uses, but the rampant prescriptions need to stop and Kratom needs to be a

viable option. Please don't take away this very helpful plant.
Thank you - *David Sadler*

***#605 : Kratom has single handedly given me a quality of
life I didn't even try to dream of or imagine***

I've dealt with chronic neck and back pain since I was 14 years old, I'm now 39. Before I started utilizing kratom, I was miserable trying many medications and most other drugs to cope with the pain, anxiety, and depression that never left my day to day reality. From prescribed narcotics, anti anxiety meds, antidepressants, alcohol, medical marijuana, these only helped a fraction as much as kratom does. And Kratom has no side effects other than feeling good, hopeful with lowered pain by 70-90%, wiped my depression out flat, and put my anxiety to such a low amount that I can just as well say, it's gone! At worst, extremely manageable! Kratom has single handedly given me a quality of life I didn't even try to dream of or imagine, I didn't think feeling level, grounded, hopeful, and almost entirely pain free from my spinal degenerative disease was ever possible. I'm more than a supporter and activist for kratom, this is my connection to life lived with my family in a present minded way, which is priceless and has my ultimate gratitude beyond measure! The most important thing to consider with kratom, is that it works better than anything I've tried, while being a benign and very safe herb at the same time. The less you take, the more you benefit! Has its own built in safety net, taking more than is needed will not give you more beneficial results, it is

no more addicting than coffee, and comes from a tree with the minimalist of processing. For me and others in my circle of friends, this leaf, this herb is a God-send, and needs to remain accessible to those who have been given their lives back because of it. Thank you for hearing my ultimate truth, the best tool I've discovered for having a life that is free of the miserable pain I've endured almost my entire life. So beautiful, so necessary for folks to continue having this as an option! I can't overstate the importance of this simple and most effective tree that is kratom. - *Brandon*

#606

Completely off ALL painkillers even Advil, Tylenol and Naproxen for my knees (plumbing contractor). I take a teaspoon of Kratom in the morning, sometimes one mid-day, and another right before bed. It's extremely affordable, maybe \$20-\$30 a month, and I've lost all desire to drink ANY alcohol, smoke cigarettes or anything else for that matter. It's truly a wonder-plant and my blood-pressure and digestive tract have never been healthier by a damnsight I can't imagine going back to the organ-wasting OTC meds that didn't work very well anyway. Been "drug" free since 2016 thanks to a suggestion from a friend. Good GOD don't make this PLANT "illegal"! It's insane and evil to even consider it. You will create a whole new and horrific definition of "unintended consequences"! I never really believed that Big Pharma was "evil" because of all the people they ultimately help, but if they are behind this trying to eliminate fair and

healthy competition, then they are evil! Besides this won't work for everyone, Big Pharma will always have plenty of customers. Please don't do this! - *Thomas E Leever*

#607

I have been faced with a spinal injury at age 15. I was on pain pills for 10 years which severely damaged my way of life and my mind. I found kratom to replace pain pills and have gone from only working from home to owning two bread routes. Working hard labor 16 hour days and providing far more than i ever could when I was trapped on medication. 10 years with the help of kratom has given my family a much better life - *Richard Comrey*

#608

Kratom has greatly improved my quality of life. After having 3 c-sections I have severe scarring and endometriosis, on top of that I suffer from recurrent cysts on my ovaries. I have been to several specialists whose only answer was to give me opiates. I became addicted in a matter of a few months and suffered the effects of my addiction for 5 years. I found Kratom 3 years ago and I haven't touched a pill since. If this natural plant is made illegal I'm afraid of what might happen to not only me but everyone who has benefited from it - *Telisa Sanner*

#609

My daughter takes Kratom for her chronic pain and it works for her and it beats looking for pain pills to help her. Please legalize kratom so she can get relief from her severe pain. - *Patricia Thomas*

#610

My son suffers from neuropathy & I've personally seen the relief he gets from kratom. Prescribed & over-the-counter meds were useless & had bad side effects & dangers. Please consider this. - *Someone's Mother*

#611 : I have many health problems and I choose not to use painkillers. Kratom has saved my life

I have had numerous surgeries and deal with a lot of pain. I had neck surgery recently and didn't need 1 pill due to Kratom. I also deal with depression and kratom also helps with that. - *Shana Virden*

#612 : I was able to quickly replace very strong prescription painkillers with Kratom for relief from pain due to a significant vascular disease

I had been receiving prescriptions and taking them for nearly 10 years prior to finding Kratom. For 8 years, I have been free of all pharmaceutical side-effects. Since discovering Kratom, I have been able to change my lifestyle, dismiss most of my doctors, stop taking ALL the pills and I live a more "normal"

life (normal for me). More recently, I have been able to manage my pain through lifestyle changes (I don't work), listening to my body and immediately making the changes necessary to maintain better health. Because of these changes, I have been able to stop using Kratom for the last several months. When I stopped, it was no worse than skipping coffee for a day. Very minimal withdrawal. When I chose to stop using Kratom, I tapered down from 4-5 grams dry powder - mixed in water 3 - 4 times a day, everyday for several years, down to 2 grams - 1 time a day - slowly over the period of about 2 weeks. There were times when my pain dictated higher dosing for many weeks during the years I used Kratom regularly. I never experienced undesirable results. I will always have Kratom in my house to use for pain, inflammation, and even a little help with mental balance if necessary. Other people can find for themselves how Kratom can help them. :-) I encourage them to do so! - *Pasquale S.*

#613

I was looking for a pain medicine for my husband, he has chronic pain, after the doctors took away his prescriptions. He was to a point where he couldn't stand or walk with out severe pain so I came across this medication in an ad when I went to my local shop. He tried Kratom and within a few hours he was up walking and acting like himself so I feel like that this is the best herb, and we are now at least enjoying

our lives instead of existing in it. So please don't take away his life again - *Catherine Byers*

#614 : KRATOM should be completely legal. It has certainly saved my life in many ways, especially by easing my pain and giving me mobility and focus at my job

I have no side affects and even find myself happier and doing alot more during my day. It has lowered my blood pressure, has helped me cut way back on caffeine, has also totally gotten me off any pills which we know ALL pharma meds damage certain parts of our bodies. I feel ZERO pain from my rheumatoid arthritis and I have also noticed I have not had the flu in over 5 years and any cold I get lasts only a couple days. I thank god every day for this perfect plant. Cigarettes kill 400,000 plus people a year including MY PARENTS. Alchohol kills hundreds of thousands a year also. Kratom itself has killed ZERO. KEEP THIS PLANT LEGAL PLEASE!!! - *John Years*

#615

I have chronic pain, and in the past I could not get access to traditional opioids. I am now in pain management but before this I had no other way of getting legitimate pain relief besides Kratom. It also saved me when I was abruptly cut off my pain medication and was in withdrawals (physical dependence not addiction) plus increased pain due to them. Kratom helps so many chronic pain patients who cannot get

access to opioids in America. We need to legalize Kratom, and still work on the other forefront which is lack of prescribing because of the opioid illicit fentanyl crisis. Chronic pain patients lives MATTER. - *Xavier G*

#616

I use kratom regularly to supplement the opioids I take because my body is a train wreck and the doses of meds I take are not enough. Due to the opioid debacle my meds were cut down. Now I have had 3 additional surgeries on my leg but it was failure. Never get any rest. Please let it continue helping so many. - *Michelle Stifle*

#617 : Kratom has saved my life. I am a chronic pain patient with multiple disabilities

Previously, I had been on some form of opioid pain medication for over twenty years. Never misused or abused my meds. Never in violation of my pain management contract. Never failed a monthly UA. Five years ago my clinic made the change to not prescribing opiates of any kind. I was involuntarily tapered off my daily morphine. Withdrawal was as difficult as expected. PAWS even more-so. I, like so many others, was not offered any non-opioid alternative to managing pain. Medicaid refused to pay for any non-pharmaceutical option. My quality of life, already marginal at best, was now nonexistent. I couldn't think clearly due to pain. I wasn't able to be active (deadly to a diabetic). I

couldn't sleep. I was depressed and considering suicide; I didn't want to die, I just wanted the unrelenting pain to stop. I'm now on a regimen of daily kratom. I take a morning and evening dose, just like I did with my ER Morphine. I'm functional. I'm resilient. I'm hopeful. I never would have made it through the past few years without kratom. My former partner and best friend of thirty-five years died a long, agonizing death due to ovarian cancer. My Mom was in treatment for breast cancer and I was (thank God!) able to care for her, even as she descended into end stage dementia. If it wasn't for kratom I wouldn't have been able to care for the people I love. It provides the perfect combination of analgesia and caffeine-like energy boost. It's not addictive and I've never had withdrawal symptoms from skipping doses or stopping cold turkey. I actually had a doctor write me for a few vicodin to help me get through the worst of my Mom's surgeries. They're still here at home, untouched, because kratom was a better, healthier choice for me. Kratom must remain legal in the US. I've seen people kick heroin by using kratom. Just this month I saw someone quit daily alcohol use by using kratom. As with cannabis, the government could benefit greatly from a well-regulated, taxable supply of kratom available for both medical and recreational use. At this time, there appears to be no down side to legalizing, regulating, and taxing this drug. Thank you. - *Nadine Barrick*

#618

I refuse to take pain meds ever again. Kratom keeps me from having to! Leave my plant alone please!!! - *Mary Lewis*

#619

I don't have much of a story myself, I used it as a safer replacement to ibuprofen and opiates when I was having extremely bad bronchitis. Helped a lot with the pain. I know others that have used this to get off of opiates, without using the poison known as Suboxone - *Malcolm Hughes*

#620

When my mother had knee surgery, kratom tea did wonders for her in the evenings when her pain was often worse. I cant imagine why it would be illegal. - *Mollie Day*

#621

I rarely use kratom, but when I do it's because of pain. Kratom's good for my mother headaches and in the past helped me out for toothache. - *Stefano Destro*

#622 : *The simple fact is Kratom is a miracle*

I broke my back my Senior year of High school getting in shape to join the Marine Corps. I ruptured my L5-S1 in my lower back and had to have a steroid injection that made it worse before having surgery at 19 years old. I was fed

painkillers ranging from Tramadol to OxyContin and lost strength in my leg. After the first surgery I had terrible nerve pain in my foot and still do to this day. My girlfriend broke up with me, I couldn't join the Marine Corps, my mother had cancer and I didn't know what to do. I started school and was walking back to my car one day after class when I took a step off a curb and dropped. I reruptured the same disc in my back further adding to the many problems going on at the time. At this point I was getting 80 vicodin and 80 tramadol a month, 19 years old. I was hooked, I lost friends from being anti social, my family didn't recognize me anymore. I fell in love with another woman and for 2 years I thought she loved me too until one day she upped and left for another guy, moved in the same day. This was the last straw. Through all the anger and pain I decided to get clean and better myself but I was still in agonizing nerve pain until one day I met someone who is now my best friend and introduced me to Kratom. The first time I took Kratom I could feel no pain or anxiety while still feeling alive inside. I started seeing my friends and family more and repaired the relationships. I got a job I could work because I wasn't in bed knocked out from prescription painkillers. It helped my mother deal with her cancer and the depression that came with it. The simple fact is Kratom is a miracle drug! The FDA wants it banned so they can further push prescription drugs on people to line their pockets. They know Kratom is a threat to their income and are spreading false information just like they did with marijuana years ago, even though it is scientifically proven to

help people in numerous ways. I'm not normally one to spread hate or negativity about anything but I seriously don't know how some of these people trying to ban Kratom can sleep at night. I guess they've never experienced a struggle like mine or millions of other people that use natural remedies to help physical and mental health. - *Oly W.*

#623

I have benefited so much from kratom. It has helped my chronic pain issues and isn't nearly addictive as opioids. - *Colton Powell*

#624

As a woman who has been diagnosed with SLE & Rheumatoid Arthritis I have had to take pain meds off and on for years. So many side effects, so many different medications. I was introduced to Kratom and was so excited to try it. Kratom has changed my life. I was able to get completely off a strong, extended release opioid within a week of starting kratom. I get pain relief, energy and a way better outlook on life with kratom. - *Stephanie Dominguez*

#625 : *Kratom has allowed me to get back my quality of life*

I have been dealing with Fibromyalgia, arthritis, tendonitis, bursitis, IBS and bipolar depression most of my life. After years of meds (high dose opiates for 10 years, and

psychotropics for over 20 years) I was told I had to go off the opiates and had to detox myself last year. After more than a year of hellish pain, anxiety and depression I found a Kratom reference online. Kratom has allowed me to get back my quality of life. Kratom has improved my life exponentially! - *Apryl Prince*

#626

Kratom has become a big part of my life after I broke my leg, the pain is terrible and kratom does work better than the meds the doctor gives you - *Judy Francis*

#627

If it wasn't for kratom, I would not be able to work to take care of my three kids due to early onset arthritis and constant pain. - *Stacey Contois*

#628

I've been using kratom for chronic pain relief for years. It's much safer and more effective than pharmaceuticals. Please do not schedule it, as it's just a plant. - *Vrej An*

#629 : *If it wasn't for Kratom I would be in serious pain all the time*

Kratom helps me function and go to work and take care of my house on a daily basis. I do not have to waste thousands

of dollars to see a doctor which I can't afford. This needs to be legalized everywhere. Thanks for listening! - Michelle

#630 : The kratom has been a God send for me. I can actually function as a normal human being

After having brain cancer I was prescribed tramadol. After awhile, My dr was scared to give me a prescription to any sort of pain killer. I still have severe neck and lower back pain. The Tylenol I was told to take was not helping at all. I finally found kratom. The kratom has been a God send for me. I can actually function as a normal human being. I've been taking it for a few years now. Kratom is in no way a drug. Marijuana is far worse for many of us. Many cancer survivors are relying on this plant. - Craig

#631

I got in an accident and broke my skull. I've had headaches everyday since then. I used to be on a slew of other pills. None of which worked. I now take kratom daily and it completely eradicated all of my pain with zero side effects. - James Naples

#632 : Kratom has saved my life. Daily pain meds for chronic pain destroyed my life, kratom gave it back to me

I do not mean to be high just so I can have relief. That is NOT living. Kratom helps with pain and it does not make me high. If you take this herb from people like me you will see a mass

revolt, and our demographic is middle age, educated business owners. We have financial resources and we vote. I am looking carefully at any candidate that is against kratom rights, as it is MY personal right to decide how best to treat my chronic pain. - *Dina Good*

#633

Broke both of my legs and shattered my left knee cap. After years of taking OxyContin to control pain I discovered kratom. Good by Oxys! Kratom saved my life - *Carmello*

#634

Kratom helps control my back pain to the point that I can keep working. I am not on disability because of Kratom. - *Annie Benson-Lennaman*

#635

I suffer from chronic arthritis pain. Kratom saved my life and allows my to play with my children. Without it I would be useless as no doctor will treat my pain - *Timothy McLaughlin*

#636

This is the only thing I can take for my chronic pain. Please keep it legal!!! - *Lex*

#637

I am 66 years old and have chronic pain. Kratom provides excellent relief without the side effects of narcotics. - *John Hand*

#638 : *Kratom has saved my life*

I first discovered Kratom after trying to get myself off of prescription painkillers I was on because of a horrible and traumatic incident in which my jaw was broken and my bottom lip was severed from my face. Kratom not only allowed me to quit taking the medication that provided little if any pain relief and was making my day to day life unpleasant in many ways, but it also alleviated the pain substantially. And with no unpleasant side effects. I also suffer from depression and anxiety, both can be severe at times, and I had a fair amount of PTSD after this accident. What I didn't expect from kratom was what it did for my psychic pain. 8 years later, I continue to take kratom (a different strain than the pain relieving ones), to effectively treat my depression and anxiety. It has worked better than any SSRI, antipsychotic, or benzodiazepine medication I have ever been on. And the best part about it, is I experience literally zero negative side effects. I should note that I am 34 years old and am in perfect health. So in short, Kratom has saved my life. Taking it away would be devastating and senseless. - *Vance Stephens*

#639

I have suffered from back pain my whole adult life and kratom has helped me to relax the nerve causing me that pain. I have been using kratom for 6 years and have a clean bill of health. - *Devin*

#640 : Kratom has given me my life back

I do not depend on pharmaceuticals to go about my day, to treat my Rheumatoid Arthritis and fibromyalgia. I'm the mother and wife I was before my disease took that away from me, when I was prescribed opiates for my pain, and I became addicted. That pill addiction led to a heroin addiction when pain management counted my pills and I was short because I was over medicating to cope with my pain, and was ultimately kicked out. - *Vanessa Kemplin*

#641

Been taking Kratom for a year, helps with energy and pain, no side effects, has helped many family members and friends as well. - *Charles Fisher*

#642

I have puriformis syndrome. The prescription from the Dr. made me unable to work or even drive a vehicle. Kratom kills my pain and allows me to function once again. My life quality I owe to kratom. Plants not pills. - *Arthur Stair*

#643 : I found Kratom 7 years ago and it changed my life for the better. It helps with the chronic pain, the crippling chronic fatigue, and the depression that comes along with autoimmune disease

I have autoimmune disease and was in an opioid pain therapy plan for a long time. I requested an end to it because they stopped working and I found myself having to take WAY more than prescribed in order to get relief from my pain. I refuse to ever go on another pain plan and I will never take another narcotic medication again. They are dangerous. After ending my pain prescription I was still in a lot of pain and was in a desperate search for natural remedies. I found Kratom 7 years ago and it changed my life for the better. It helps with the chronic pain, the crippling chronic fatigue, and the depression that comes along with autoimmune disease. If kratom becomes illegal, million just like me will be left without natural and safe pain relief. I'm not alone in my refusal to ever take another narcotic. Just because they are prescribed by a doctor does NOT mean they are safe!! Please keep kratom legal. If I didn't have legal access to my kratom I would probably have to go on disability because I would be in too much pain to work. If you want the millions like me to be able to continue to contribute to society and the economy instead of becoming another strain on the governments resources, then keep kratom LEGAL. - Isabelle Evans

#644 : I was left in agony for a year before I tried kratom

Doctors labeled me as pill seeking while pregnant because we refused x ray guided steroids injections into my pelvis. I fractured my right iliac and left pelvis during pregnancy. Damaged pubic bones left hip and femur socket and left si joint. I was left in agony for a year before I tried kratom. It gave me some relief from pain and allowed me to slightly become a mom and wife again. Please do not take away this miracle plant! - *Candace Preacher*

#645 : Kratom has helped with back and neck pain that I've had for years

I really didn't want to get stuck on pain killers so I used this alternative to help give me a normal life free from opioid addiction. Having friends that have been addicted to opioids for years I feel the benefits of kratom greatly outweigh any negatives the FDA may lobby against it. Particularly in our country right now with an ever increasing nationwide opioid crisis we should be looking for any alternatives that we can to help those in need. - *Brandon*

#646 : I wouldn't be able to continue to do my job if it were not for Kratom

I have been suffering from auto immune disease that causes widespread pain and inflammation. I wouldn't be able to continue to do my job if it were not for Kratom. It's very mild and safe plant medicine that I am able to use instead of

hardcore narcotics which I refuse. It has truly been my saving grace and I will be quite screwed without it. The FDA is a joke and everyone knows it. They have big pharma in their ranks and pockets. The only reason for them to make kratom illegal is to increase profits for narcotics producers. THATS IT! I won't stand for it. - *Sarah Lane*

#647

My cousin was paralyzed and could not walk. With the use of kratom he has had some value of his life restored and it helps him manage his pain better then any other meds he has taken. - *Jason chalky*

#648 : *Kratom is the one thing that has taken that pain away*

Kratom has changed my life. I suffer from 3 chronic pain conditions. I have been on different pain meds that never helped not to mention you could become addicted. Kratom is the one thing that has taken that pain away. I feel normal. I am able to get things in my life taken care of. I have a normal sleep schedule I am not kept up by pain all night. I function like a human. Please do not take this away from people who need it! We shouldn't have to rely on pain meds that can destroy our life - *Emily M Lecates*

#649

I have Arachnoiditis. I had been using Morphine for about 10 years. I hated the side effects. January of this year I started using Kratom. Now I sleep much better and have much less pain. I wish Doctors could prescribe it. - *Jeffrey Walker*

#650

I have a C-5 and C-6 spinal cord injury from a 2005 car accident. I also have an L-3 and L-4 fracture. I mainly use Red Bali or Green Borneo. I use Kratom for pain. It's been working as I've been a daily capsule consumer for 3 years. Pain free means more efficient workouts, better sleep, and overall better quality of life. - *Joshua Scott*

#651 : I take kratom for fibromyalgia, it helps more than any prescription I've been on

It calms everything down. Kratom needs to stay the way it is. It's not something that needs to be made illegal. - *Christina*

#652 : I suffer from chronic pain and was confined to bed until I found Kratom

Kratom gave me my life back! I now have a very active and productive life, and I'm not walking around drugged or loopy.
- *Celeste*

#653 : Kratom freed me from a decade-long morphine addiction due to siatica

And it is also the only thing that keeps my ulcerative colitis in remission. I've tried everything else known to man. It's saving my life - *Heath Ray*

#654

Keeps me off doctor prescribed narcotics for pain. - *I. K.*

#655

Doctor supports my use and gives an A+ on health and blood work. I have arthritis in all joints, neck, and back pain - *Phil Pinkerton*

#656

I have Lupus, and 4 herniated discs. I don't know what I would do without Kratom, it's a God-send - *Christy Schrider*

#657

Use it for neuropathy relief instead of narcotic opiates. It works quite well and the side effects are minimal, even nonexistent. - *Mike Dietz*

#658

Kratom saves my life: I was in chronicle pain from a lunbar disc rupture and lost the use of the posterior function of my

left leg. Kratom has made it possible for me to get off ALL pain medications and I've been taking it for 5 years with zero side effects and zero withdrawals. It's even helped me to stop drinking, completely for long periods of time 30 days plus. This is a miracle plant. - *Philly Cranton*

#659

I have been taking kratom for 3 years now, some days more some less. It has never harmed or impaired me in anyway, this is a tea not a drug, you cannot get high on it, and it helps with inflammation which reduces pain - *Frank Repchick*

#660

I have used Kratom for almost ten years. I use it to help with pain rather than prescribed medicines. This plant is a God send. - *Christy Jones*

#661 : Kratom has helped me get off a medication that has been killing me for 10 years

I am finally at the end of getting off of it. No other medication could help me get off prednisone. My doctors gave this to me at a misdiagnosis. My body has lost bone density, muscle mass, caused adrenals to go into a coma. Getting off has been a struggle the last 6 years. Since getting on kratom the last few months I have been able to handle the pain during the lowering of prednisone, which I could not before. I hate opioids and the way they effected me. But

kratom affects me differently but gives the pain issues the help I need. Please do not make this illegal as the people who are taking it are responsible with their intake and research. - *Rebecca Schnack*

#662 : Kratom was treating my pain better than my original pain meds, with almost no side effects

I started taking kratom after my doctor reduced his pain patients, and he stopped prescribing my meds. He referred me to a pain management doctor, which was prescribing me loads of Tramadol, which wasn't helping my pain, as well as giving me unwanted side effects. That, and I was paying out of pocket for visits, and the mandatory drug tests you have to take. It was too expensive to not be helping my pain. So I accidentally found out about kratom on Facebook, and was pretty desperate for some pain relief. I did some research to ensure it was safe to take, and decided to try some. It completely changed my life. It was treating my pain better than my original pain meds, with almost no side effects. It was amazing. Almost 3 years later, and I still take it daily. I still have severe pain, but it's being treated pretty well with the kratom, as well as treating the depression that comes with chronic pain. I've never been in a better place mentally and physically throughout this period of chronic pain. Kratom is a literal life saver, because I didn't want to be here when my pain was untreated. It would be devastating to millions if they banned it. - *Andrew*

#663 : Kratom saved my life after 15 years of serious addiction and chronic pain

If it is banned, I will not have a chance. It is the only thing that helps my pain, depression, anxiety, PTSD. Before kratom, I could not hold a job, was in blindly agonizing pain, could not sleep, could not function. Please do not take my medicine away. - *Caleb Mikkelsen*

#664

Kratom helps my back pain. - *Gray Burch*

#665 : Kratom has helped me through my incredibly painful life

I've had one condition after another and it has always been there to help. Do not condemn a product because of those abusing it. It has saved my sister, a hardcore heroin addict, and now she lives a normal productive life. Its use has given me unparalleled benefits. And I see the benefits in those around me who use it responsibly. - *Jessica B*

#666

I was suicidal, I have Fibromyalgia & couldn't live in pain, on meds. Fentanyl & Dilaudid but still in pain. I didn't want to live like that any longer. I was planning on Suicide when I read about Kratom. I investigated for 10 months. I didn't have 1 withdrawal or miss a day of work. I felt like a normal

person. I'm not perfect but I no longer want to kill myself.
Please don't take away our life - *Sharon Glozer*

#667 : I use Kratom to treat restless legs syndrome and Crohn's disease

I have tried a plethora of prescription drugs to treat these things, and all come with immense side effects and are not as effective as kratom. If it becomes illegal there is a concern that my RLS would be treated with Tramadol, which comes with a huge risk of addiction. Please keep Kratom legal in the US. It is saving my life. Allows me to work everyday without crippling pain from Crohn's disease. - *Jessica Biggs*

#668 : It's such an amazing thing to have something simple as a leaf to help control all my chronic pains

I have chronic pelvic pain. I have chronic back pain and body joint pains since I was 3. I have tried countless doctors and many surgeries since the age of 2. Nothing was helping to control my pain. About 3 years ago I started having to see my doctors more and more due to pain. I started having to go to ER's for pain control. I couldn't move nor eat anymore. I started looking for more of a natural way to help my pain. I asked a friend and she said try looking Kratom up, she said she started taking it for chronic pelvic pains and it worked. She sent me samples and from then I was changed, changed in a way of not needing a doctor to help my pains. It's such an amazing thing to have something simple as a leaf to help

control all my chronic pains. It's been almost 3 years since I have walked into a doctors office or ER for pain control. I have my life back and now I am working a full time job to support my daughter instead of being bed bound daily. Please keep this leaf legal! - *Stephanie Williams*

#669

Kratom is the only thing that takes my arthritis pain away - *C W P*

#670

I use Kratom for fibromyalgia pain and discomfort. Small dose takes the edge off. - *Donna Wedman*

#671

Kratom helps with the pain of arthritis. - *Pam Delmar*

#672

Kratom is the only thing that helps my chronic pain from sports injuries. I refuse to get opioids from a doctor. - *Noah Ostlund*

#673

I have multiple autoimmune disorders, nerve disorders and a spine disorder. Kratom has helped me get off of prescribed pain medication by just giving me the energy to get through

the days. It has helped me from losing my job. - *Jaimee Harvey*

#674 : Kratom makes living a normal life possible without pain and suffering

After 10 years of pain pills and useless and expensive procedures that did not help my cervical or lumbar disc injuries but did give me an opioid addiction, I found myself desperate to relive my pain and suffering while wishing to avoid withdrawal symptoms on top of my pain. I discovered Kratom. After a few months I found it would prevent most of my pain, making my life manageable and I can sleep better. Kratom makes living a normal life possible without pain and suffering, without opioid pain medications, or muscle relaxers and injections of anti inflammatory drugs. Kratom saved my life and let me live again. I wish I had known about Kratom years ago. - *Lucinda Woods*

#675

I have a few chronic issues gotten from horse-related accidents. I do not want to be stuck taking pharmaceuticals seeing as kratom works well for pain, and anxiety, it doesn't make me loopy, and it is also relatively inexpensive. - *Leah Morgan*

#676

Kratom has been the only cure for my nerve pain after a botched epidural. - *Summer Laforce*

#677

I use kratom for chronic pain. It lasts longer than opioids and does not make me high in any way. It has enabled me to have a life to do the things I love. Thank you Kratom. - *Lara Cardiel*

#678 : *I have used Kratom for a variety of issues for over 20 years*

I am currently 69 years old, retired, and suffer from rheumatoid arthritis and osteoarthritis. I have been to many doctors who have prescribed medications that are not effective and have bad side effects. Kratom helps me and I have never had any adverse reactions. I have abstained from using it for months at a time when my symptoms subside. - *James Matis*

#679

Kratom has helped with my chronic pain! - *Brandie Fleming*

#680 : For the past year since taking Kratom on a daily basis, I have been pain free and have NOT had an Unstable Angina attack

I have been using Kratom for 4 years now. I currently have been diagnosed with Unstable Angina, Vasculitis, Neuropathy, Rheumatoid Arthritis. For the past year since taking Kratom on a daily basis, I have been pain free and have NOT had an Unstable Angina attack which my Cardiologist is very happy about and told me to continue with the kratom (he is an Indian doctor who believes many herbs like Kratom have medicinal properties. - *Robin Cantor*

#681

I have been a chronic pain patient for more years than not. I have been through surgeries, injections, stimulator implant, steroids, anti- inflammatories, and opioid medications. Imagine my surprise when this natural plant ACTUALLY HELPED! I didn't have much faith in it, but I had to try. This beautiful, naturally grown, God-given miracle is not formulated, chemically altered, compounded or created in a lab. It is natural. Period. I know of many lives that have been saved in numerous ways by this plant. Please keep kratom legal! So many lives depend on it. I know mine does. Thank you. - *D M*

#682

My ex daughter in law introduced Kratom to me. I have arachnoiditis, causing me pain all day. Kratom helps my pain greatly, I can work a job because of it. Otherwise I could not work a job. - *Alisha J Harbin*

#683 : *Kratom has saved my life as well as friends and family members*

First off my mother has a severed tendon and other issues in her foot to the point where she can barely walk. Over the past 15 years she has had multiple surgeries and weekly doctors visits. Very heart breaking to see. I found out she was using OTC pain relief/anti inflammatories like Tylenol, advil, motrin etc multiple times a day to get through the day. Extended use of these OTC drugs are super harsh on the liver and eventually cause liver disease. She started taking kratom and it is working wonders. She's able to take her grandson for walks to the park and enjoy other normal everyday activities that people who can walk do. Kratom is natural, affordable and does not fry your liver like pharmaceutical chemicals. This plant has so many benefits and helps so many different types of people with different types of issues. It would be baffling to see kratom not readily available, and having OTC meds and alcohol. Taking away this plant is also going to push drug addicts back to street drugs increasing all types of problems for overdose, criminal possession charges, robberies etc. - *Patrick Appel*

#684

I have severe Crohn's Disease and Kratom is the only thing that begins to touch the pain and make me feel like I can continue living. - *Richard Knight*

#685

I use kratom to treat neuropathic pain as I'm uninsured. I will not be able to work or function should this be taken away -
Ronald J Rose

#686

I have constant pain, back mostly, and the opioid painkillers are too strong for me and leave me unable to enjoy and participate in life. Kratom takes the edge off the pain and that is all that I need. - *Nicole Patterson*

#687

I had surgery done 3 times this year, no doctor would prescribe opiates due to the epidemic. I had to seek out an alternative and this plant has saved me so much pain. Please do not ban this plant, its the only thing that I currently have access to for pain relief. - *Mike*

***#688 : Kratom has saved my life and I plan on taking
Kratom until the day I die***

I was in a severe car accident in 2006 that left me with twelve broken bones up and down the left side of my body. Due to all the breaks, I now suffer daily with back, hip and ankle pain. I also have plantar fasciitis in both of my feet. I consume Kratom so that I can live a somewhat normal, pain-free life. Without Kratom, I'd probably be addicted to prescription pain pills. I consume Kratom every day, a few times a day. Kratom has saved my life and I plan on taking Kratom until the day I die. - Amy Koch

#689 : Prescription meds do not work at all

I've been taking kratom daily for over a year now. It is the only thing that takes away my pain and fatigue. I have fibromyalgia and extreme fatigue, I also get frequent migraines. Prescription meds do not work at all and the side effects of the meds are worse than my condition. - Angela Fitzsimmons

***#690 : I have MS (multiple sclerosis) a teaspoon of kratom
twice a day allows me to live a relatively normal life***

Free of muscle spasms, pain, and fatigue. No drug combination exists that could do all of this. I have never suffered any side effects or addiction. Please do not take this away from me. - Elizabeth Bracey

#691 : I found kratom a couple months after being diagnosed and it has been a life saver

Diagnosed with CRPS at the end of 2019. Pain had been unbearable, I hate pain killers. They make me sick and make my personality bad anger wise. I found kratom a couple months after being diagnosed and it has been a life saver. I can sleep, I can get around the house more, I can do so much more than I used to. My pain is being managed for the most part. My flare ups are even more under control than they were before I started kratom. It almost seems like the kratom keeps them at bay. Without kratom I would be in a lot worse shape than I am now, especially because I have a newborn and with this disease it makes it very hard at times to do what I need. - *Roger Dodge*

#692

I suffered serious health issues that seemed to stem from Lyme Disease. I suffered for many years and ultimately turned to prescription drugs to try to feel normal. This started to make my condition worse over time and I needed a big change or else I'd be facing death. I found kratom and it changed everything. My career began to thrive, I finished school, and all of my personal relationships have prospered. I owe all of this to this plant. - *Greg Del Bene*

After a serious, life changing auto wreck in 2017 I was in terrible pain. I had a shattered kneecap and broken pelvis. Slowly I began to learn to walk again. Even with the unbearable pain I was determined not to get hooked on narcotic pain killers that the doctors were prescribing by the handful. Then I came across Kratom in a forum on social media. Intrigued I ordered a small amount to try and displace and eventually totally replace the opioid medications that were my only other option at the time. When my order came I was surprised by a small bag of red powder. Kratom it turns out is a leaf from a tree related to the coffee plant and the powder I had bought was 100% unadulterated and natural as well as far cheaper than the pharmaceuticals I had been on relying on just to walk around the house. It took some trial and error but I eventually found a dose of 5 grams of this natural powdered leaf provided the same amount of relief than one of the \$10 prescription pills I normally had to take in any given day. I didn't quit narcotics cold turkey, when I tried I suffered terrible pain and withdrawals but instead slowly transitioned to more powder and less pills. I became narcotic free 8 months ago and have never felt better. I now grow my own Kratom domestically so I know exactly what its been watered, fertilized and its drying conditions. Ive taught and encouraged hundreds of others to cultivate their own kratom trees just in case this senseless ban moves forward, so they too can secure their all natural medicine. Please don't

take kratom away from me! Its been a lifesaver to me and millions of others!! Don't let big pharma's greed and deep pockets cloud your judgement. You know this plant is helping people and saving lives! - *Jay*

#694

The unfortunate reality of traditional medicine is that when pain medicines stop working for a patient, or the side effects become unmanageable, sometimes traditional medicine paints a patient into a corner where they are still suffering from pain from a condition medical professionals run out of options on how to treat it. This is when some desperate pain sufferers turn to illegal drugs or drug abuse to ease their pain. I was lucky to find Kratom (and other alternative medicines) before I reached that point, but my days had been consumed with sleeping away depression and pain, not being the productive, engaged family member my family needs. Kratom has helped that so much. I've tried dozens of strains and blends until I've found the ones that give me energy and focus, ease my anxiety and my pain, and I've found strains that help my muscle relaxation with and without sleep help. I've got options now for dealing with my pain and I don't have to spend hours every week with doctors and physical therapy that I've already been through before. - *Kristen*

#695 : I've been using kratom for about a year and a half now, and my quality of life has increased 10 fold

I have severe joint and muscle issues. I was on prescription painkillers for a long time. But those were causing me other problems. I didn't want to be on opiates anymore, and had been trying many different things. Advil, tylenol, things like that. I was eventually told about Kratom. One day I decided to give it a try. I was amazed at how quickly my pain went away, and how clear headed i felt as well. Kratom has been a miracle for me. I've been using kratom for about a year and a half now, and my quality of life has increased 10 fold. There is absolutely no reason to ban kratom other than greediness. Taking away people's medicine should be illegal. It's definitely immoral what's being done right now. But it should be illegal as well. I'm not dumb. I know why they are trying so hard to ban this leaf. And it's not that they think kratom is "dangerous". Do what's right by the people. Not what's right by Big Pharma and whoever is also in your pockets - *Jared Collins*

#696

I used to spend my days in severe pain and exhausted. I've been able to live life again thanks to Kratom. Please don't destroy what I've gotten back - *Robert Shine*

#697

I fell out of a tree when I was a child and have had chronic pain my entire life. Kratom gives me the freedom I lack due to my injury without consuming harmful and addicting opioids to manage my pain. Kratom has been a life saver for many years and my life would be completely miserable without it. - *Will*

#698 : Kratom helps me to treat chronic pain from back and knee injury/surgeries

It also helps my arthritic pain. Kratom gives me the ability to live a life free from the addiction to strong opioids like OxyContin; the only other effective options for treating my pain. - *Billy Joel*

#699

I have had severe neuropathy for over 16-17 years and can not get opioids due to doctors neglect and insurance company telling the doctors what they can and cannot prescribe. I'm tired of paying over \$400.00 a month for health insurance and can only get motrin. Im fed up with lack of health care. Kratom is all i have if they take this away I'm signing up for disability and letting the government pay me from then on. - *Dale Smith*

***#700 : Kratom has been life saver for dealing with
trigeminal neuropathic pain***

Before kratom, I wasn't able to talk for more than 10-15 minutes. I wasn't able to ride in a car for more than a couple of hours. Before kratom, I never left my house due to unimaginable pain and depression. Recently, I broke both of my legs and required surgery on one leg. I haven't needed to take pain medication at all since I've been home recuperating. Please, keep kratom legal. - *Jessica Harr*

#701

After cancer, infections in organs and suffering from mommy tumb, Kratom has helped me function and be a working important helpful community member. Please keep kratom legal. You will want this medicine when you're suffering. - *Tinity*

#702

I have used kratom for my broken back and chronic issues with it. I'm able to work and still be a good member to society. - *Zach Loschiavo*

#703

Injured at work, went through a bad surgery, kratom let me return to a normal work-life without the need for pain meds and the problems that comes with them. I now have a new career, 2 new vehicles, and soon to be married to the women

who helped me through the years of pain I went through before kratom. Prior to that my life was quite messy, I was broke, working a job that was ruining my body, and the pain meds were ruining my health both physically and mentally. Kratom is a lifesaver, keep it legal! - *Marvin Morales*

#704 : Kratom keeps me from being forced to spend every day struggling to function and every night sleepless in tears of pain

With the law preventing chronic pain patients such as myself from receiving opioids to maintain quality of life. Many like myself would have made the choice to end life to prevent the never ending torture!! Kratom is effective in not only treating the pain but also the depression and loss of energy that comes with the pain. While being far safer and less addictive. 3 years of Kratom treatment and if I don't have it, the worst that happens is the unbearable pain returns! - *Cindy McKinnis*

#705 : The bloodwork proved that Kratom can bring down inflammation

Daughter was taking injections for her arthritis. Blood work showed very little progress as far as bringing inflammation down. Found out about Kratom after daughter became allergic to injection meds. Worked with doctor about her starting Kratom and we wanted to give it a try with the help of the doctor and bloodwork. After using Kratom just a few weeks blood work was drawn to see if there had been any

change. To the doctors surprise her inflammation had gone way down. We knew it must of because my daughter was even saying she wasn't in as much pain. We did it all with help from her doctor and close monitoring of blood work. I was quite pleased to have the doctor let us give it a try while she continued to follow up on labs. I was open and honest with the doctor from the start. I even said I would understand if she didn't want to continue to be her doctor but asked if we could give it a go and have her watch through blood work if the inflammation was going down. She said she would but didn't believe it would work. To her surprise it did and the bloodwork proved that Kratom can bring down inflammation and because of that my daughter can function better in her everyday life with less pain. Kratom is all natural and we should have the right to use other medicine besides what big pharma pushes. We must keep Kratom legal. It is so good for pain management. Heck more doctors should be pushing all natural medicine more. Oh but wait. They won't because they won't make any money on it. - *Tamara*

#706 : Kratom helps me live a better quality of life

I suffer from severe migraines from a head injury. This is the only thing that controls the pain. Also Kratom helps with my depression. - *Taylor Farias*

#707

I have shoulder pain and nerve issues. Without the use and help of this amazing natural leaf, I would not get any sleep and not be able to live a good quality of life. It is very safe especially when compared to other over the counter drugs (that can kill you). - *Klint Huppi*

#708

I am a 49 yr old mom, nana, sister, aunt etc. I worked as ortho/lab tech/dental assistant, until I become too sick to work. It took forever to get a diagnosis along with a host of meds. Benlysta infusions, low dose chemo, fentanyl patches. You name it. I started doing research. Found this amazing coffee plant. I ordered some with some cbd oil. Snatched those patches off. And here we are almost 3 years later. I can cook, garden some. Most of all I can enjoy my time with my family. Priceless. It's like you don't get high or really I don't feel anything when I take it. It puts me in a better mood. And decreases my pain level from fibromyalgia, lupus, and several auto immune diseases. It takes it from a 10 to like a 4. Priceless. Please follow the science. We need this legal in ALL states. It's saving lives. It saved mine. - *Terri Mcneil*

#709

Kratom is the only thing that takes the pain away from my arthritis. Without using opioids. - *XA*

#710

Started using Kratom when I injured my back and had sleep problems. I have used kratom for four years and it has been a wonder medication for me. - *Ted Finnigin*

#711

Kratom helps me daily with arthritis pain. - *Emily Stimson*

#712

I used Kratom to get off opiates and I use it for pain for back knees and feet - *Duceswild Dave*

#713

I have dealt with chronic pain for the majority of my adult life. I have fibromyalgia, bone spurs in my back, and degenerating discs in my back. I refuse to be prescribed pain pills because I know people who have suffered addiction because of being prescribed narcotic pain killers. I take kratom for pain because I don't want to take narcotics. It's all natural, and has improved my quality of life a great deal. I can do activities I couldn't do before because of being in pain. I can take care of my sick wife. She has severe crohn's disease. Kratom has changed my life for the better without forming harmful addiction habits. - *Megan McFarland*

#714

Kratom is a wonderful plant which helps me with my back pain. - *Markus Klatsche*

#715

I have used kratom to stay off of arthritis medicine and my mother in law actually got off her fentanyl patch with Kratom without any side effects. - *Jerrie Belcher*

#716 : Kratom helps with my arthritis, cfs, and anxiety

With kratom I do not have to rely on RX pain medication. I have never been on them and hope I never have to. With kratom I won't. Kratom helps me with my everyday life. Life is good. Please do not ban kratom. - *April Longmire*

#717

I would rather be on Kratom to ease my back pain from working 10 hour days lifting 250 lb parts for 16 years than to take pharmacy drugs or worse!!! Kratom helps and it doesn't make you groggy and doesn't have any side effects. - *Jesse Lee*

#718 : Since I switched to Kratom I have lost 135 lbs and have never felt better

I have had 3 back surgeries and have been in pain management for years. When I started using Kratom I quit taking all other medications. I was on 3 different opioids and

gabapentin and muscle relaxers. They have horrible side affects and caused massive weight gain. Since I switched to Kratom I have lost 135 lbs and have never felt better. It relieves all my muscle and nerve pains without getting me stoned. Kratom is amazing. My ex wife uses it for anxiety and pain relief. She used it all thru my last daughter's pregnancy with no harmful repercussions. - *Raymond M.*

#719

Kratom helps my pain which enables me to take less prescription pain medicines. Pain patients need Kratom or we will be forced to take more prescription meds in order to have any decent quality of life. Thank you - *Mari Anne Bradshaw*

#720 : I have used kratom to alleviate terrible arthritis pain for 11 years

Kratom allowed me to take myself off of Darvocet pain killing medication, received via a prescription from the doctor to combat severe arthritis. Kratom allows me to stand for 8 hours a day and teach class without my knees giving out to arthritis pain. Kratom allows me to walk every evening for exercise and move around the grocery store. It gives me my life back without harmful side effects. Darvocet gave me kidney pain as does acetaminophen when taken multiple times a day. There is no safe pain-killing alternative; Kratom

is a non-opioid organic, such as coffee; and is a staple for my good health. Sincerely - *Jerry Durham*

#721 : Without this plant I would be in so much pain that I could not function

Please keep this available to the millions that need it. I can't take medication and it's the only thing that helps me. Please. Please keep it available. My life depends on it. - *Sasha L*

#722

Kratom is the best natural herb I've ever tried and it helps a lot with my chronic pain and anxiety, I feel like it can help a lot others if they can at least take it because it is a lifesaver. - *Rafael Shathu*

#723 : Taking Kratom has allowed me to get through my day and lead a normal life

I injured my knee, had surgery, and was on pain medication for 2 years. I find it difficult to live a decent life and work with the pain I still have. Taking Kratom has allowed me to get through my day and lead a normal life. I take a measured dose 2 or 3 times a day. It will be difficult for me to carry on and work and enjoy my family as usual without it. - *Chris Ssfrit*

#724

I have been suffering with fibromyalgia for close to 7 years now, I also have spinal stenosis, nerve damage from 3 decades of diabetes, I have spurrs on my spine and multiple damage disks, I've seen countless doctors and specialist, they could not help me, and they had me taking pain meds for years without a single concern. Eventually I decided to find something better and found out about kratom, its helped me with the pain and I stopped taking all pain meds. They need to make it illegal for pharmaceuticals companies to make poison and feed it to the public without any liability for its effects on people that take it. - *Alex Giron*

#725

I suffer major migraine headaches. Kratom gave me my life back, as opposed to pharmaceutical drugs which gave me unpleasant side effects. - *Scott Perrine*

#726

I am a beer & spirits buyer at a grocery store. At 53 years old, lifting and carrying cases of wine, beer, spirits, and kombucha has induced great discomfort. Kratom is the only medication that sufficiently alleviates pain without damaging my stomach nor impairing my cognitive abilities. - *Annie Ladis*

#727

Kratom helps my pain and works great as a substitute to opioids. - *Ben*

#728

Need Kratom for neuropathy, headaches, old injuries, and back pain. - *John Smethers*

#729

Kratom helps me to be mobile. With debilitating spinal issues Kratom has been a God-send. - *Brandon Hebert*

#730

I was in a major car accident 15 years ago and it practically destroyed my back. I was on heavy pharmaceuticals for many years because of it. One day, my doctor died and I did not have insurance and could not find another doctor that would take me as a patient without insurance. That was when I discovered kratom. Since then, I feel more energetic, I am able to play with my kids again, and I do not feel the need to take any more narcotics to alleviate my consistent pain. Kratom has changed my life for the better! It is so important to me that I have something that helps with my pain so that I can raise my kids. - *Kevin S.*

***#731 : I found out about kratom in 2015, and it had
changed his life immensely***

My father was crushed by a 600lb barrel of honey. He has had 15 different spinal surgeries. He is in constant pain, and was prescribed tons of different opioid pain killers. They all had horrible side effects that greatly affected his and his families live's. I found out about kratom in 2015, and it had changed his life immensely. He is still in a lot of pain but he can still live close to a normal life. He doesn't have to take narcotic opioids to get relief. He has a safer alternative. Kratom will always be better than the alternative, and is safer to use. Please consider how many lives this drug has brought off an opioid addiction that has plagued our country. It saves lives. - Thomas Calvin II

#732

Natural pain relief, non addictive, and gives me energy to get active and get things done around the house that I couldn't before due to my Gout. It's insane that someone would want to outlaw something that works so well. But I guess thats what happens when the FDA is in big pharma's back pocket. - Lance Harrison

#733

My Kratom story begins with my mother. I was searching for a healthier way to relieve the pain in her neck after a 4 vertebrae infusion. At the time she struggled trying to stay in

her prescribed dosages of pain meds. When I found kratom I was skeptical, but it worked. After time she was able to eliminate a lot of her meds, using this all natural tea. Being a vape shop owner I decided to start selling the product, as it helped my mother so much with her pain. I have been selling it over three years. I am in touch with my customer base. I have watched people come in highly addicted to different substances get off of all the harmful substances they previously were on. Some continue to take kratom and some just use it to for a short period to aid in withdrawals from other substances. I have not personally seen any bad effects from people taking Kratom in a 3 year span. Taking it off the market would force people back to illegal drugs and misusing pharmaceutical drugs. If the government truly has a war on drug and wishes to win the war, making kratom illegal is the very last thing they should do. This natural plant has saved many lives. - Renee C.

#734 : I am actually able to live my life like a normal person. It's given me my world back

I have chronic neck pain after having three surgeries with fusion. Sometimes that pain is severe. There are days it actually has me in tears, but the doctors say unfortunately it's permanent nerve damage from waiting so long for the surgery. I obviously can't just be taking opioid pain medications all the time. Someone I love suggested that I try Kratom and it was incredible! I am actually able to live my life like a normal person. It's given me my world back. I was

even able to stop taking my anxiety medicines and sleeping medicines because the pain relief was so significant. If Kratom is made illegal, it will ruin my life, literally. I can't go back to living like I was, in constant pain. - *Laura Nichols*

#735

Kratom saved my life. Chronic pain and narcotic meds were both pushing me over the edge. My life was not worth living. Kratom was a life saver and today I can push through the pain with kratom. Please don't let big pharma manipulate the decision like they did with cannabis. You will KILL people!!!! - *Dale Margheim*

#736 : I use Kratom for back pain

I fractured L2-L3 vertebrae a long time ago but still suffer from this injury including neuropathic pain in one of my legs. I used to alternate between Kratom and regular prescribed pain killers opioids. This has worked really good for me, and helped immensely to avoid building tolerance to prescribed more addictive drugs. I can no longer follow this regimen due to Kratom declared controlled and scheduled 1 substance recently here in France as well. I am a father of 3 and i think this plant is really a blessing for people with neuropathic and chronic pains. And there is no equivalent safe alternative for moderate to strong pain management on prescribed drug market. The possibility to limit uses and even completely get off tramadol for long periods of time for me really improved

my life and my condition during time i was allowed to order Kratom. I also want to say that after quitting Kratom several times, with a usage of around 8 to 10 grams per day has never been an issue and with very mild withdrawals compared to other drugs i've also been on and off for the past 10 years or so. Last thought is that banning Kratom is going to leave people who found a relatively healthy way to manage their pain or discontinue opioids without any options. With love and compassion for all USA citizens who suffer. Sincerely - Simon

***#737 : My chronic pain issues (neuropathy and joint/
muscle pain) as well as constant debilitating fatigue are
managed very well with kratom***

In my experience, and the experience of many who discuss kratom use online, it is impossible (for me) or extremely difficult to overdose. Taking more than needed results in nausea, dizziness and other unpleasantness. Responsible use is well within the abilities of the people. I have found there are knowledgeable people and vendors that are helpful with determining quality and purity testing of available products. I have never taken prescription pain medication and I am very leery of overuse of nsaid's, but after reading available info I believe kratom is a very good choice for many seeking relief from pain, anxiety, and other problems. My husband uses a small amount a couple of times a week to assist with not drinking alcohol in excess. It works wonderfully for that and for his bipolar 2 and anxiety. He cannot say enough good

things about it. Please do not make this plant illegal. -

Heather Hairston

#738 : Before I found Kratom I was 240 pounds and I could barely move due to a left knee dislocation I had in 2001 and arthritis in my right knee

I couldn't find anything that would help until I discovered and tried Kratom. That was 3 years ago and I now run 4 miles everyday, go to the gym and yoga every day of the week in addition to the running. I've lost 70 pounds and I've never been healthier in my life and I'm 62! I have no physical addictions and often stop on periods of rest or vacation. I could be dead by now without Kratom. - *Anthony Markle*

#739 : Kratom is able to relieve most of my symptoms without side effects or the potential for addiction

I have a severe GABA deficiency caused by mercury poisoning. This causes over signaling in the brain, which results in insomnia at night and overwhelmed senses and pain during the day. Kratom is able to relieve most of my symptoms without side effects or the potential for addiction. Unlike pharmaceuticals caffeine and sleeping pills, which will work against each other and cause dependency issues. My condition is difficult enough as it is without being labeled a criminal. - *Logan Fisher*

#740 : I use Kratom for my daily pain every day, it's saved my life, I have an undiagnosed autoimmune type of disease and Kratom has allowed me to get out of bed most days

Compare Kratom to FDA approved Rx meds and it looks like water. 50 alleged deaths associated with Kratom over 10+ years when approved medications kill 1,000's-100,000's every year! Please don't ban this life saving plant. It doesn't recruit beta arrestin so it's not addictive like opioids and has very mild dependancy when used in high dosage and no more addictive than Caffeine when used in its natural form! -

Cameron Callaway

#741 : I was able to reclaim my life from what I am sure would be a living nightmare of pain and addiction because of Kratom

After several back surgeries I thought I was going to have to take pain pills for the rest of my life. I only made it three months into it when, at 40 years old, I decided that I could not live that way. I was able to reclaim my life from what I am sure would be a living nightmare of pain and addiction because of Kratom. This plant has both freed me from the need to use opiates to control pain, as well as taking care of the pain itself. I shudder to think what taking away a lifechanging and life-saving option away from millions of people who legitimately count on its availability would cause.

- John Twist

#742 : When I tried kratom it was a miracle. My pain was reduced from a 10 to a 2-3 and I was able to get my life back

I have suffered from a degenerating disc since high school. As I grew older the periodic pain episodes became more frequent and lasted longer. During a 5 month pain episode I was not able to walk, sit, stand, or even lay down without pain. I no longer envisioned a future I wanted to be a part of. This added depression and anger to the pain. I tried EVERY mainstream therapy with no long term help. Physical therapy, muscle relaxers, inversion, stretching, etc. When I tried kratom it was a miracle. My pain was reduced from a 10 to a 2-3 and I was able to get my life back. Exercise, yoga, spending time with friends and family! Not only did kratom help with the pain immediately, but it allowed me to help heal my back. 3 years ago I used kratom 3 times per day. Now, less than 3 times per week. Thank you kratom! -
Alexander Karp

#743 : I wouldn't be alive or able to hold a job without this plant

After a serious accident, I've been in chronic pain for the last 10 years. Kratom allowed me to start working again, stay off of opioids, have healthier friendships and relationships. It allowed me to take my own life and pain relief into my own hands, in the best way possible. Please don't take my medicine. - *Caleb Mikkelsen*

#744 : Without this product my ability to function physically and mentally would hinder severely my productivity as a parent, small business owner and self healer

I am a cancer survivor and on disability and I accessed this herbal supplement alternative approximately 2 years ago. It helps me function in our world today as a balanced and wellness priority. The Kratom I've purchased is organically grown and well tested by its trusted, reputable & registered owners. I access the supplements for my depression, chronic pain and anxiety. Without this product my ability to function physically and mentally would hinder severely my productivity as a parent, small business owner and self healer. I have had to incorporate some western medicine as well for my symptoms but highly regard kratom as my #1 tool in mental health, healing and staying well and physically active in all my many daily routines. I very much believe this supplement provided & sold by conscientious vendors is a priority in our society and is far safer than any medication for these symptoms today. I've researched intensely in the dangers and benefits of this product and overall believe the benefits wildly outweigh any negatives. I hope you continue to provide this safe and extremely helpful tool for wellness for adults that handle it responsibly. Best Regards - S Arata

#745

When I found kratom I was able to stop using pain meds for my back problems. If Kratom is banned I'll have no choice but to get back on opioids. - *Joel Kelley*

#746

Kratom is literally the only thing that helps my chronic migraines and cluster headaches - *Alle Carroll*

#747 : *Kratom has almost completely relieved migraines I have suffered for as long as I can remember.*

It's been more effective than any doctor prescribed medication I've tried with none of the side effects. - *Teresa Coleman*

#748 : *I have Neuropathy in both feet. Kratom has been a life saver*

When I take a small amount of Kratom it takes away the pain. Doctors were prescribing Vicodin but I couldn't take it. It interferes with my everyday living. Kratom on the other hand is not mind altering. I can function as usual without any bad side effects. Please don't ban Kratom. Thanks - *Linda Young*

#749 : Kratom is helping me recover from Lyme disease

It provides much needed pain relief without the side-effects of ibuprofen and or acetaminophen. - *Rebecca Francis*

#750

I have severe cluster headaches along with lower back pain that prevents standing over 2 minutes at a time. Since using Kratom since October 2015, my headaches and back pain has been reduced to where I am currently able to reduce my intake of pain meds. In addition, reduced Emergency Room visits for times when my pain was out of control. I am following my goal to be pain med free and Kratom would provide pain relief. Your consideration in keeping Kratom legal would be greatly appreciated. Thank you. - *Marissa Lukezic*

#751 : I use Kratom for bad hip and back pain control

I need hip replacement surgery however I also have prostate cancer plus a pinched nerve in my back - *Cary Cooper*

#752

As a patient born with latent spina bifida and suffering back pain since the age of 13, Kratom keeps me from needing opioids that would endanger my health in order to manage my pain. - *S K*

***#753 : Kratom is the only reason I'm able to keep my job
even with my cf arthritis***

I was in extreme pain everyday and my hands would cramp up. Kratom allows me to do my work as an essential worker in these times - *Victoria Fillmore*

#754

I have chronic pain and multiple conditions which I use kratom for. It's helped me tremendously and I don't know what I'd do without it. - *Liz W*

#755

I have type 2 diabetes with neuropathy. Since the national punishment of chronic pain patients due to abuse by others of pain killers, the only relief I have had FROM CONSTANT PAIN, is kratom. I didn't believe it until after I tried it. What you experience is normalcy. Not high by no pain. Since this stuff actually works and is relatively cheap, the government wants to give the monopoly to the doctors and pharma companies or make it illegal. Who does this government really work for? - *Dennis Dussault*

***#756 : I have debilitating chronic illnesses and kratom
literally saved me from being bedridden, and from
excruciating pain***

If I didn't take my kratom every morning when I wake up, I wouldn't have any energy to care for myself, my daughter,

and my emotional support animals. I wouldn't be able to clean, shop, or have any good quality of life. Kratom is a cousin to the coffee plant, so it should be legal, just like coffee is. Kratom is natural and put on our earth for a reason. Lives would be destroyed if kratom wasn't available anymore. If kratom becomes illegal, I fully expect coffee to be illegal also. I mean, the plants are related. Only a horrible, vicious, and noncaring person would destroy so many lives. - Aliciah

#757 : I can say with 100% truth Kratom has been life-changing

Kratom is a plant in the coffee family. It is **not** an opiate. It's saved my life and the lives of many others. I'm in my 40s and I have suffered from myriad health issues for most of my life. Just a small part of the list includes Fibromyalgia, Osteoarthritis, Degenerative Disc Disease (all of which cause brutal chronic pain, amongst other nasty symptoms), Treatment Resistant Depression, Anxiety Disorder. For many years, my doctors prescribed me a litany of narcotics inc morphine and fentanyl. Nothing brought me relief from the non-stop, cruel, life-changing pain. I wanted **some** relief, somehow, some way. And I despaired at mirroring my beautiful, sweet, tortured brother, who got lost in the thickets of Addiction and eventually succumbed. I asked a doctor about titrating off the painkillers because I was concerned about falling prey to Addiction. He refused to help. Then he bluntly stated, it's more important to me to put food in my kids' mouths than to save your life. He pushed me on to a

psychiatrist who prescribed me Suboxone. An opiate to get off another opiate. By then, I'd lost my career and I was essentially bedridden, unemployed and basically useless (I believed). I didn't want to exist (I surely wasn't living) anymore. The pain & other symptoms were unbearable. Then I found Kratom via a Chronic Pain Support Group, & I researched it. I'd self-titrated off narcotics a year prior. I tried it. And I can say with 100% truth it has been life-changing. I've been a daily consumer of this *precious* plant for 4 years. I am not cured. My pain, anxiety, & depression are *managed* & bearable. I'm no longer bedridden. I'm able to work PT. I've cut my anxiety RX in half. I want to live again. It's saved my life, no doubt. And it's saved millions of others, whether it manages pain or assists them get off dangerous narcotics. If you ban this miracle plant, you're making a huge mistake. This herbal medicine can curtail the opioid crisis. It's a natural, extremely effective pain reliever. It's not addictive and it doesn't suppress the respiratory system. Please don't take away our natural medicine because of the FDA's outrageous lies. Please help. - A. C.

#758

I have fibromyalgia and can barely function without Kratom. It has changed my life! I can finally live a normal life! - Amy Collins

#759 : Kratom has naturally helped my pain level more than synthetic opioids

I deal with chronic back pain associated with extruded discs. I went down the pain pill road and it made my pain and agony worse than it initially started. Kratom has naturally helped my pain level more than synthetic opioids and has increased energy levels as well, NATURALLY. It has put the joy back in my life that the chronic pain took away from me. - *Bryan Crouse*

#760 : I have taken kratom medicinally for 4 years for pain

I have suffered no ill complications and have worked in healthcare at the same establishment for 12 years. I am a mother of 3 children and do not use other substances. Banning Kratom would bring my level of functioning as well as quality of life down tremendously. Please research before drastically complicating lives. - *Nikki*

#761 : Kratom is the only thing I have found that keeps my chronic pain in check

Without it, I feel like my joints are being crushed and my skin is being peeled off from the inside. Even with it, I am very limited in what I can do, but at least the pain is bearable. I've seen life without kratom, and I've felt that pain, and it's impossible to survive like that. Kratom literally saves my life and I would not be here without it. - *Sonya Selbach*

#762

I am a 65-year-old mental health professional. I have fibromyalgia and arthritis in various joints, as well as bone spurs on my spine. I have been using kratom for approximately five years to help increase my well-being and support a healthy lifestyle. - *Debra Evans*

#763

I have used Kratom to help alleviate my chronic arthritis pain. - *Amy Walker*

#764

My mother was in a terrible rollover accident in the late 80's. After she was thrown from the rolling vehicle, it finally came to rest on her head, breaking her neck and pinning her in the ditch until help could arrive. She "lived" with chronic pain from that injury alone, while dealing w/endless other injuries/issues. If it wasn't for Kratom, she would've offed herself long, long before her passing at 4:43p.m. December 31st, 2017. Please don't take this miraculous natural medicine from all those who need it. R.I.P. Joannie M. Morgan. - *Rod Alger*

***#765 : I have fibromyalgia and have taken only Kratom
for my symptoms since January 2018***

Prior to that, I was on 7-8 prescription medications which included narcotic pain medicines. Kratom helped me get off all of those medicines. - *Amie Ferrell*

#766

I am a 54 year old woman who works full time in a large medical center as a housekeeper. Kratom became a major part of my life 3 years ago after prescription pain medication stopped being effective for my rheumatoid arthritis without having to take too much. Kratom manages not just my pain but also my chronic anxiety and depression. I do not get high off of kratom nor do I have to increase my dose in order for it to be effective. In turn this supplement allows me to be a productive employee and wife to my disabled husband. Please take into consideration what scheduling this supplement would do to so many people who rely on it to manage their pain and other ailments. Thank you for taking time to read our stories. Sincerely - *Patty Sellers*

#767

Kratom is great for my nerve and back pain. Being in a wheelchair is not easy. - *Mike Wazwaz*

#768 : Kratom has been immensely helpful to mitigate this pain

Due to an accident suffered over fifteen years ago in which I tore my medial collateral ligament, (MCL) I have long suffered of chronic knee pain. Mitragyna Speciosa (Kratom) has been immensely helpful to mitigate this pain, and additionally has completely extinguished any desire I have to drink alcoholic beverages (talk about a beneficial side effect!). I work long hours as a manager for a multinational tech firm, creating a highly technical product for some of the largest firms in the world. The plant known as Kratom is in the Coffee Family, and I find that drinking a tea from its leaf not only helps with my knee pain, but serves a mild pick-me-up, similar to its more mainstream cousin. Kratom aids in my motivation and focus during my organization's many long nights of crunch-time, and generally contributes to my success and productivity as much as a daily cup of coffee does for many individuals. It's also great as a pre or post workout supplement, and many friends can attribute to successes they've had in personal health or their gym life by adding a small amount of the plant to their routine. In many years of regular moderate use, I have never once had a health effect that I would consider to be detrimental from Kratom. In addition, I have stopped using the plant numerous times for extended periods of months or years, with virtually no meaningful long-term withdrawals or absence effects. Coffee has been more difficult to quit than Kratom, and you know

what? Maybe the benefits of its use outweigh the negatives. For me personally, and for many of my acquaintances, Kratom is the same. For some others, it prevents them from seeking out harsher pharmaceuticals or painkillers with more side effects or risk of death or personal injury. Kratom is not only a coffee-like herb helpful for focusing on work and workout routines, but a relatively safe alternative, and priceless ally in the fight against opioid addiction and the many deaths and overdoses caused by chemicals like fentanyl or heroin. Banning Kratom benefits nobody except for the greedy pharmaceutical lobbies of the world and black market street dealers peddling dangerous counterfeit contraband. Do the right thing - let's fight to keep this wonderful herb legal and safe! - *Pierrot Lunaire*

#769 : I use Kratom daily for lower back and hip pain

Years ago I had a herniated disc in my neck and had to use Norco for a year. It really tore up my insides and made me feel horrible. It took years to physically recover from that. Kratom works great for me and keeps me clear minded for teaching martial arts classes to kids. - *Jim Webb*

#770 : Kratom is the only source of relief I have

I've had an excruciating case of neurological Lyme disease since 1982, and because of the horrific pain I was prescribed opiates. And naturally I became addicted several times and a few times I was forced to go cold-turkey and sincerely felt

like I was going to die. And I can assure you that if I was suicidal, I would be dead. It took years to overcome the effects. So I don't have the luxury of pharmaceutical pain relief. I won't/can't use them, and it's been almost 5 years since I've taken them. Kratom is the only source of relief I have, because it dulls the very top edge of the pain. I'm on disability and have to pay for Kratom, so it's a difficult but necessary thing I afford myself. I have been treated cruelly for many years because of the controversy over Lyme disease. Don't take away the only source of relief that I can have. If anything, it should be covered by Medicare/MediCal. Please don't take it away from me. My life's hard enough as it is. Thanks and best wishes! - Jan

#771 : Kratom allows me to do housework and gardening that would otherwise be too painful

I have been taking Kratom every day for almost 3 years. I have nerve pain from a stroke in 2001. I also have bone on bone knee joints. Kratom allows me to do housework and gardening that would otherwise be too painful. Marijuana is legal in my state but I can't use it because of weird side effects. It make me feel paranoid and does not help me. I pray it will remain legal in my state. I would otherwise be in a wheelchair full time. I don't want to resort to drinking or opioids. Kratom does not give me any side effects. - Sue Malin

My husband is what you would call a stoic. He works through his pain without complaint. He did this for years until his body could no longer keep up with his will to "get the job done". His body was damaged from working, and for years his doctor treated his pain with prescription pain medication that made his thinking groggy. On top of this, some of his newer doctors (who weren't with him from the beginning of this journey) started treating him as though he was an addict, making him sign forms, promising to not take more than the recommended dose, or to ask for refills before the required 30 days, but yet not supplying him enough of the medication per month to cope with his extreme pain levels. He needed to find an alternative to this madness. He did his due diligence and researched everything he could find about Kratom. Judging it, based on the science, to be safe, he ordered some. Now, I could tell you that he reported having diminished pain, but I want to tell you what I saw in my husband. He went from the opioid zombie, who could only manage to lay in bed all day after his injuries and we'd have very cursory conversations as his thinking had become dull, to becoming a functional human being that regained his quick wit and brilliant mind. To be clear, he had quit the prescription painkillers cold turkey (I told you he was a stoic) before he started the kratom, so there is no overlapping the two substances. The differences in him between the two are like night and day. To make Kratom illegal is, in my mind,

criminal. You will be sentencing a wonderful husband and father back into his prison of pain and he will cease to be a functioning person, capable of conversations that are cogent. He will have to revert to taking the prescription medications just to somewhat manage his pain, and possibly subject himself once more to the humiliation of being thought a addict by people who don't understand. I know my husband isn't the only person who has found Kratom as a way out of their hole created by prescription medications. He is just one among many. But he's the one that means the most to me. I love him with all of my heart, but I don't relish him going back to prescription painkillers. Please be thoughtful in your decision-making. Do not let false science speak against the scientific facts about Kratom. Listen to the voices of the people who have used Kratom, to good effect and without the harmful effects of the prescription painkillers. But most of all, consider what is the humane course of action in this issue. Aren't people like my husband allowed a choice in their pain management without fear of recrimination and legal fears? -
C J B

#773 : I am able to drink Kratom in the morning and be pain free all day

Kratom has helped me in more ways than one. It relieves pain I have throughout my body from scoliosis. It also assists in easing my anxiety. Before kratom nothing was touching my severe shoulder pains (Advil, Aleve etc) plus I really don't like taking otc meds or any other for that matter. I am able to

drink Kratom in the morning and be pain free all day. It has been a God send. - *Melissa Dooley*

#774

I have scoliosis with arthritis in my spine. Kratom has been the only thing that I can get that eases the pain enough for me to work and take care of the daily needs of my family. - *Troy Mahan*

#775

I need Kratom for restless legs. - *Grandma Nanni*

#776 : *Without kratom, I would not be able to function*

After having broken my neck and right hip the pain was excruciating. In May 2016 my doctor's license was suspended for continuing to prescribe opiates. After 12 years of being on methadone I was cut off at no fault of my own. I went through severe withdrawal with no help from anyone. In June 2017 after it had rained for 14 days in a row, I finally posted on FB that I could hardly stand the pain as no doctor would give me anything for it, recommending Tylenol as I am allergic to NSAIDS. A facebook friend mentioned kratom. I ordered online and the very first time I took it, I was completely pain free. I wish I'd known about it in May 2016 when going through opiate withdrawal as I've heard it helps with that as well. I am on disability due to injuries that will never heal and without kratom, I would not be able to

function; I'd be bedridden. Cannabis has been legalized recreationally in many states including mine but when I use it, my BP drops exponentially; one time 74/47. Kratom does not affect me negatively in anyway and is why I can function. It has helped in many ways. My BP is now normal, my digestive system has never been better and the excruciating pain is relieved as doctors will no longer prescribe anything that kills the pain. - *Kelly Jean*

#777

I have spinal arthritis. I get severe migraines to the point I'm puking and incapacitated. My wife has been using Kratom since before I met her. I don't take any pills so I figured I'd try Kratom. I love it. I feel like doctor's should write prescriptions for Kratom instead of all the garbage they try to feed us. - Ricki D Smith Jr

#778

I've been using kratom for years to help offset pain caused by lasting side effects of cancer chemotherapy. - *Ashley S*

#779 : *I can function like a normal person, PAIN FREE!*

I have suffered with pain since I was 11, I am now 44. It started with juvenile arthritis, moved on to various joints swelling and stiffness. When I had my son at the age of 24 the pregnancy caused a lot of lower back pain and pelvic bone not fusing back correctly. When I had my daughter at

the age of 35 the same thing happened with my SI joint, so now when I bend only one side bends correctly and the other side partially bends which causes very bad pain. It's painful to sit or stand long, to bend over or sit in my favorite Indian style position. I have to keep my legs straight out or they hurt so bad. I've been to numerous doctors but none can tell me why I have body stiffness and joint swelling. My brother suffers from the exact same thing. None of his doctors where he lives can diagnose him either. I've been on 2 different pain medications for my pain but none help, they just make me sleepy. My doctor is always wanting to lessen the strength and give me less, he says I have to be getting better, chronic pain doesnt go away nor get better. So, I turned to natural healers and found kratom. I am so thankful that I did too!! I can take a small dose when I get up, and a small does before bed and I can function like a normal person, PAIN FREE! On occasional bad days I take some during the day but I dont do that too often. Kratom is an amazing tea and is non addictive, all natural and is so much better than prescription pills for sure. I hope it remains legal because it can't hurt anyone, it don't kill people, people don't rob others for it, and it benefits so many people. I have talked to a lot of people all over the US that use it and we all share similar stories. Not one person has had a bad experience from it. For someone to say it's bad and should be illegal that has never suffered from chronic pain and has never had to use it shouldn't be the one to say if it's a drug or not simply because you have zero knowledge about it. - Tracy Allen

#780

I'm a fruit and vegetable farmer. Kratom has been a God send. I use to suffer with bad joint pain to the point I couldn't walk some days. Now I can work 12 hours a day, 7 days a week. I'd hate to see Kratom made illegal. I would have to stop my true passion in life and my only income. - *Cecil Woods*

#781 : Kratom has worked miracles against the pain I have of arthritis, I can't do without it

I've been using it since 2014 and still have no bad effects other than I realize it would be hard to just stop using it if I quit, but I have no plans on stopping as it still helps me. - *James Parisi*

#782

I fell off the roof and broke my back in April in 2019 while roofing and Kratom has helped me so much. - *Kiana Atwood*

#783 : I have been taking kratom daily for the past three years and have been able to manage my pain, depression and anxiety symptoms without pills

I am a 51 year old single father of my 14 year old son. I have been an electrician for over 25 years. Eleven years ago I started having back and neck pain as well as leg and hand weakness. I went to a doctor and found out I was having severe nerve compression in my cervical and lumbar spinal

cord areas. I was too busy trying to build a business and couldn't afford to take time off to heal from the surgeries and I was always taught you just have keep going and no whining, everyone has problems, and besides, I have a child to care for. By 2012 my symptoms were so bad I couldn't go on like this anymore. I went back to the doctor and found out the problem had worsened to the point where I could die if I fell. I was having accidents from falling and my arms and legs were getting so weak that I could hardly make it through the day anymore without a lot of issues. I have had several spinal surgeries that have left me partially disabled as a result of severe and permanent spinal cord damage and in addition to six laminectomies, a cord tumor was excised as well. After surgeries I was left with even more severe back pain that makes it very difficult to walk. In addition I have been losing function in both hands making it impossible to use tools or do basic simple daily tasks we all take for granted. My neurologist and neurosurgeon had been treating my symptoms with narcotic medications for five years to help with the pain and spasticity. I was having to deal with awful side effects and in addition was developing symptoms of situational depression. I was not dealing well with what was happening to me. The drugs were making me sick and I was really having a difficult time with where my life was heading. A friend told me about a dietary supplement called kratom. This is a natural herbal tea like leaf that helps me live my life without having to rely on chemicals prescribed by a doctor. I have gone from using a handful of pills everyday to a

minimal amount. My 30 day oxycodone prescription now lasts me more than ten weeks. I no longer take fentanyl, buprenorphine, gabapentin, diazepam and antidepressants. I no longer have to take pills to help relieve the symptoms caused by the other pills. I have been taking kratom daily for the past three years and have been able to manage my pain, depression and anxiety symptoms without pills. There are no side effects, I am not addicted to it, I have zero withdrawal symptoms if I don't take it every day. I can function as a productive member of society without putting synthesized chemicals into my body. I am able to feel better without drugs and the horrible side effects they were causing me. If there was truly any kind of risk to my health or well being, believe me I would not be taking kratom. I do not use alcohol, tobacco or illegal drugs. I live a healthy lifestyle and pay close attention to my diet and I exercise every day. I should be able to feel better without the government telling me I have to use a pharmaceutical drug instead of a natural herbal supplement. I should have the right to make my own decisions as a citizen of the USA. This is a free country and I feel the FDA and DEA are not taking my freedoms into consideration. This ban is unconstitutional and an infringement of my rights. I feel like I deserve to be heard and I strongly oppose this ban. The government is supposed to work for me and not against me. This decision would adversely affect the lives of millions of people just like me. There is far more proof that suggests kratom is safe. I have done a lot of research over the past couple months regarding

kratom and I see that the opponents of kratom have provided false and baseless comments that do not tell the truth. It is obvious there are people more concerned with money than health. This is absolute abuse of power and should not be allowed to continue. Please consider the results of a full and fair investigation from experts who will prove there is no imminent risk to responsible citizens and their health. Thank you. Sincerely, - *Cory Johnson*

#784 : For the first time in 3 years since my arthritis diagnosis I was comfortable and happy

In 2016 I was diagnosed with arthritis in my lower back along with several herniated discs that my doctor would frequently prescribe opiates for my pain. After a few months of having my brain fogged over with opioids, I lost my job while on FMLA for missing too much work. I couldn't help it; I was barely able to function with all the drugs in my system. I had to turn to alcohol instead of opiates because I was sick and tired of feeling sick and tired all the time. In early 2017, 3 months after losing a job I've had for over 10 years, I had a massive heart attack from all the stress caused from me quitting opiates, the alcoholism and the job loss. I was drinking a case of beer or a bottle of whiskey every other night; 2 weeks later I was ran over on my motorcycle on my way back to work. I didnt even make it to work that morning! I've been in crippling pain since early 2016 with no relief whatsoever unless I wanted to be a walking zombie. I started a new job in 2018 and it was hanging on by a thread because

I could barely function. I was introduced to Kratom by a friend of mine at work, and out of curiosity I bought me a small get-me-by to give it a shot. I immediately started feeling better; my back wasn't hurting so much, I could think straight, I could do my job without fear of screwing up an important project...and best of all, I quit the alcohol cold turkey. I had no need for it any further as it no longer tasted good to me. For the first time in 3 years since my arthritis diagnosis I was comfortable and happy and it showed in my work. Ive never had a problem with Kratom and I take A LOT. This product is safer than all the pharmaceuticals and alcohol that were prescribed to me or which is legal for me to obtain. My job is a very important job too; I work aircraft maintenance, and there are a lot of people like myself stuck with this position. It will be an even greater shame to let people make a choice for themselves as to whether or not they would choose alcohol and opioids in a time where both opioids and alcoholism is a disease and an epidemic. The dangers of opiates are far greater than that of Kratom. - Kevin Monroe Utley, Jr

#785 : With kratom I am not only out of pain, completely, but I also have energy again

In 2007 I sustained serious injuries when a semi truck veered into my lane of traffic after the fatigued driver fell asleep behind the wheel. After several surgeries I ended up with a pin in one ankle, 3 fused vertebrae, and a reconstructed collar bone. This has led to extreme chronic pain for the last

13 years. After years of being prescribed opioids, and hating the side affects, I found kratom. Kratom has saved my life. On opioids I just functioned but I was not able to enjoy life. Everyday tasks were an effort, and normal things like taking the dog for a walk or playing with my kids were out of the equation. With kratom I am not only out of pain, completely, but I also have energy again. I am now able to walk and bike ride with my kids, as well as garden, grocery shop, and even clean house without effort. Kratom gave me back my life. Before kratom I was disabled suffering daily, with kratom I am normal again. Losing kratom would mean losing life for me. - *Charity*

#786

I have terrible arthritis in my joints. This is very painful! I prefer to take natural kratom over man made pharmaceutical pain killers. The kratom helps me function day to day with less pain. - *Sarah Charbonneau*

#787 : Kratom has helped with pain management associated with injuries

It has allowed me to avoid narcotics as a way of managing pain and I have been able to return to activities I wouldn't be able to without Kratom. - *Jay Bird*

#788 : Kratom has saved me from a lifetime of taking opioids because of a severe back injury sustained years ago

It's the best thing I've ever taken for pain with ZERO aside effects. It is not a dangerous drug, it's a plant. Banning it would be a mistake and hurt countless people. - *Eugene Hendershott*

#789

Without Kratom I would be living in pain. Kratom is the best and safest way to kill pain. - *Humbert D Primavera*

#790

Kratom freed me from the pain clinic and pills due to a degenerative back condition and got me back working and functioning daily. It's giving me life. - *GT Barnes*

#791 : Kratom lets me have a clear head and helps with the pain (far more than the pills)

My world became veiled by a grey mind numbing fog. No colors, no beauty, no joy. I lost all hope. It's called full body CRPS w/ additional complications, organ involvement; that's what the cast caused. There's not one aspect or person (family/ friend/ co-worker/ or even doctors) that hasn't been negatively affected by the pain or medical events, that I deal with every second, of every minute, every hour of every day - week- month and year since I was 16. I am now 56 years old, and on borrowed time! Doctors won't perform any

surgical procedures unless it is life saving due to how high risk I am. However, they actually did me a favor by helping me find other methods of pain relief, through their false opioid prescription action. Yes, this nerve damage is going to kill me, and I've been on death's door far too many times to count! Because of your "new guidelines," I don't fall into your terminal cancer pigeonhole. Even if I wanted to be back on opiates, I wouldn't be able to find a doctor who would prescribe them; my doctors and medical coverage just dropped all of the pain management patients. Unless you were a terminal cancer patient. And recently even the terminal cancer patients, have been dropped. So I found something "other than opioids." Just as the CDC GUIDELINES stated to do, and are being acted upon as if they are law, when the CDC IS NOT ABLE TO ENACT LAWS. Kratom lets me have a clear head and helps with the pain (far more than the pills). I am able to get myself out of bed [the past 10 years I've been bedridden]. NOW I can get into my wheelchair and into the front room. I have been sincerely smiling. Laughing. Trying to find a way to do a hobby or something. I've participated in the California Rally, and visited with my district representatives assistant. I had 2 wonderful women with me, and we were accompanied by our significant others. I've had company over, and didn't have to stay in bed wishing that they would leave, yet happy for the company. I enjoyed every single second! At least now, I have a desire to try instead of arguing with the doctors about quality of life vs no quality of life. I take a total of 1 1/2 tsp a

day, of kratom, instead of 300 mgs of oxycontin and morphine plus benzos and others. I don't take the above amount, all at once. No, it doesn't get rid of all of the pain but I am able to tolerate what I have left, far more than I ever could have on the pills! I can once again see beauty, feel joy and experience the intense differences between colors. Kratom has allowed me to find a little saving grace in my world of sheer agony. Why do you want to take that away? Why don't you do an experiment: for one month. Put yourselves in a wheelchair, tie your legs together so you can't use them. Get up, get dressed, fix your food, go to work (no servers, no drivers, nobody doing anything for you). It's only 30 -31 days. In fact: get by on 725 a month, take buses, go from pharmacy to pharmacy, and doctors office - pay copays, rent. You know that kind of thing. Do it while you're in so much pain, you have to remember to breathe, all the while remaining by yourself because you are just as tired of talking about the pain and "what now" things, as everyone else is, hearing about it. Only 30 days. It's not a lifetime, like we are subjected too. Most of all because of Kratom I found a very special group of people! The love and appreciation that I have for you is beyond deep! I've gained so very much, in a short amount of time. An herb. A frigging leaf. I learned more, discovered more, felt more. I have experienced more love and acceptance than I have in my entire life. Incredible!

- Dijon Evans

#792 : *Without kratom I would probably be dead. Doctors failed me. Big time. I am a lyme victim*

I spent every single day feeling like I had a horrible flu. Kratom did not fix everything but it has enabled me to function where before I was thinking about ramming my truck into a tree because I could not bear the pain or the depression that was caused by the pain any longer. I am once again able to operate my non profit and be and feel useful once again. I am in no way able to do all the things I want to do but I can do something and that is much better than the nothing I was able to do before kratom. - *Julia L Sharp*

#793 : *I can function like a HUMAN for once*

It's the only thing I can take for my horrible back pain. My GI tract is DESTROYED by NSAIDs, I'm severely addicted to traditional opiates, and I'm desperately avoiding having back surgeries every few years of my life. Kratom allows me to stay pain free and curbs my addictive cravings without getting me high, without having to take ever more and more every single day to get any relief, it's 2 doses a day, I can function like a HUMAN for once, and I'd prefer not to become a junkie again. - *John Alexander Kelly*

#794 : I have fibromyalgia. Kratom helps so much. All of the medications for fibromyalgia I've been on don't help me at all

The kratom eases the pain I am in. Kratom also helps me sleep so much better. - *Christina*

#795 : Please keep kratom legal. It's a harmless herb which saved my life from horrific pain

Despite what is reported, you cannot overdose on kratom. It is absolutely saving my life. Thank you - *Leebee*

#796 : Kratom enabled me to stop taking any prescription opioids due to Lyme Disease

This is an all natural alternative that should NOT be taken away from hard working, FREE American citizens. - *Paige Jones*

#797

I suffer from severe pain and fibromyalgia damage and for the first time in many years I can actually feel like I'm human again and do things without being on pain pills - *Kenneth Neunsinger Jr*

#798 : I have fibromyalgia and NOTHING available helps me. Kratom has been the only pain relief I've felt in the last 10 years I've been dealing with this pain syndrome

If you were to make it illegal, I would lose my job, not be able to interact with my two year old son and take him places to do even the smallest things I'm able to do now. You would literally ruin my life. I would be either forced into using heroin or in my opinion WORSE the garbage pharmaceuticals available (which I simply will not do). Just don't do it, please.
- Rusty Shacolford

#799 : Kratom has helped me daily to ease my arthritis pain and enjoy life with my family

Without it I can't do any outdoor activities due to my body hurting so bad ! This natural plant is a miracle for me ! - Kurt

#800 : Kratom gave me back my life

After being diagnosed with an autoimmune disease, Hashimoto's Thyroiditis, I was in a world of pain, I could barely move around never mind exercising, prescription painkillers did not do anything for the pain (and who wants to take them long-term anyway), I had to resign from my career in the hospitality industry because I couldn't stand up for very long anymore, until I stumbled across Kratom in a holistic online forum. I had all but resigned from my entire life when I tried it and was almost instantly able to move about with much more ease. I have never, ever had side

effects from taking Kratom. I have never had any ill, undesired effects from kratom, none except the overwhelming anxiety that kratom may one day not be available to me, or that it would become unaffordable due to it being distributed by pharmaceutical companies. Today I have almost gotten back up to speed with my career in the hospitality industry. I can be on my feet in a fast paced environment 5 days a week and stay active not he other 2 days of the week. I don't take kratom if I don't need it, kratom has never proven to be addictive to me. And I should know, I have been on prescription painkillers (as per a doctor above) and I know first-hand how terrible weaning off of drugs like that can be. No thank you. Kratom has to stay legal. It has to stay affordable. The only kratom related deaths in this country involved alcohol or some other kind of mind altering substance. Speaking of, I am not a drinker, I maintain a daily yoga practice, I don't do drugs, I don't eat preservatives and a list of other food restrictions, I am active in my community and volunteer for certain causes whenever I can, I am a professional in my field, I am also a small business owner. I am someone that takes great care of her body and health and I am able to continue to do so thanks to kratom. - L. C.

#801

Kratom has helped me with my back pain. I've had two back surgeries and kratom gets me through without getting back on addictive opiates again. - Josh Morea

#802

I have fibromyalgia and Crohn's disease and kratom helps with the pain and energy - *Tammy Bowen*

#803 : Kratom has been a lifesaver for me. I suffer from arthritis and when I take this natural herb it takes away all my pain

Please do not make it illegal for us Kratom consumers that it helps. It would be a tragedy if we lose the ability to make decisions for ourselves. Kratom saves lives! - *Wynn Slothower*

#804

I have a lot of lower back pain along with a mood disorder and kratom greatly helps me live a normal, happier life day to day and keep up with my young son. I'm so thankful to have found this miracle plant. - *Ashley Scheller*

#805 : I use kratom to alleviate my lower back pain and arthritis

It also relieves minor anxiety that at times is an issue for me. I have never experienced negative side effects from kratom. This is my personal experience. It is a beneficial and natural plant and when unadulterated works wonders. The pharmaceutical companies produce synthetic opioids and numerous other narcotics that destroy people's lives and too often lead to people overdosing and dying. I'm not saying that the products these companies produce are unnecessary.

They have their place in the world of medicine. So too does kratom. It is a safe and natural alternative for people who prefer to rely on the medicine that nature has supplied to the world. Who are you to say no to that? - *Timothy Noon*

#806

I've suffered with IBS most of my adult life. Taking medication had diminishing returns. Kratom took care of it and I will fight to see it stays legal. - *Sam Licitra*

#807 : I felt energized and positive, something I hadn't experienced in YEARS

I am 60 years old, female, and forever grateful for Kratom. in 2016, shortly after the loss of my husband to Dementia and losing his income, I realized I could no longer afford to pay for my health insurance @ \$700 per month. I researched subsidies that I would qualify for and while that became an answer to a certain degree, I lost the doctor that had been prescribing me several different opiates (morphine, hydrocodone, oxycodone) for over 10 years for severe back and neck pain problems (4 car accidents in 6 years), assorted surgeries and autoimmune illnesses that have caused all over, can't get out of bed, pain. The new, subsidized doctors refused to refill ANY of my opiates. They did, however, put me on 5 different "pain" scripts all of which had horrific side effects, several of which were also considered highly addictive, (Cymbalta, Lyrica, Gabapentin, Zanaflex, Celebrex)

yet oddly, not FDA scheduled. The initial opiate withdrawals felt like I was dying, and I had hoarded, so all I was doing was reducing my normal dose by half and then three quarters. I couldn't imagine going without. My nights were sleepless, restless painful everything and non-stop sweating. I also tried medical marijuana in assorted forms and strains with very little remarkable relief. I went on several online withdrawal boards for support and kept reading about Kratom. Most important was the availability of capsules. The strains I chose were based on user reviews suggesting they had gotten withdrawal relief. My first Kratom arrived in 36 hours from placing my order. My first dose was only a gram, 2 capsules. I sat back and decided I had probably wasted my money. 30 minutes later, I felt a warm comforting glow. My pain level went from 9 to 3. I also felt energized and positive, something I hadn't experienced in YEARS. After three hours, my raging pain returned. I upped the dose to two grams. The pleasant feelings and pain relief came right at the 30 minute mark. I had been very nervous about building tolerance, but it's been FOUR YEARS and my average dose is 3-4 grams every 4-6 hours except overnight where a 2 gram dose at bedtime gets me 7 hours of uninterrupted sleep. I have not found it necessary to increase the dose AND can go with no Kratom, which is uncomfortable but nothing like stopping opiates, and I don't crave it like opiates. Also, opiates had debilitating side effects, from causing groggy all day long "out of it" feelings, to thickening mucous that caused an ongoing cough, to the worst constipation ever, to itchy skin, and last

but not least, suicide ideation when I couldn't get any scripts refilled and feared the onslaught of non stop pain. The only side effects from Kratom have been some digestive slow down easily conquered with higher fiber intake, water and magnesium supplementation. Furthermore, it's IMPOSSIBLE to actually overdose, since more has no additional positive effects once you arrive at the best small dose. Please don't criminalize a helpful, life saving plant that is LITERALLY no more problematic than coffee. - Robin

#808 : I suffer from chronic back pain, anxiety and depression, kratom has worked well for me

I no longer take opioids for pain which as most know is a very bad drug. I fear pharma will get involved out of greed and only care about the dollar and not people which is what happened with the opioids. I have heard doctors claim they didn't know the risk while taking opioids that is ridiculous if the risk was not known one has no business being a doctor, the epidemic was fueled by greed. - Carol Lay

#809 : I have arthritis and kratom keeps me from being in pain

It also helps my immune system. It's natural and carries none of the additives that pharmaceutical companies mix in with their meds. - Coby Culley

#810

Kratom has been very helpful for chronic back pain. - *Edward Henderson*

#811

Kratom has saved my life. 2 back surgeries 1 neck surgery so far and not any pain pills. A true gift from God. - *Shana A Virden*

#812

Kratom helped my husband get off the pain meds when he fell off a ladder and shattered both heels and couldn't walk for 6 months. It helps him with his pain - *Lisa Fistunen*

#813

Kratom has helped me manage both pain and anxiety. I went from spinal injections and diclofenac, to just kratom twice daily. - *Wyatt Webb*

#814

My pain has went from 10 to 3 thanks to Kratom, it's a life saver - *TJ*

***#815 : I suffer from severe mercury poisoning and without
Kratom I would not be functional at all***

People have been using this shrub for 1000's of years in Indonesia, from where it originates. For 1000's of people with chronic pain, Kratom is the only way they can wean off their toxic opiate painkillers. Do the decent thing and keep Kratom available to the multitude of hurting Americans. - *Jesse Fox*

#816

Been taking kratom for almost 4 years for pain. It absolutely works! - *Gary Toliver*

#817

Was on prescription meds for years for bad shoulder, neck, and back. Switched to Kratom three years ago, it helps with the pain and sleeping - *Jim Lasanta*

#818 : Kratom has given me my life back

I am a mom of 3. I am a grandmother of 3. I have worked as a nurse, a computer tech and studied as a software engineer. In 2005, while hiking in Mexico, I fell and hit my shin. I was diagnosed with CRPS, the worst pain known to medicine. I became housebound. I couldn't lay down. I lived and slept in a recliner. I could barely walk. The pain was excruciating. I took 5 kinds of RX meds for pain, morphine, methadone and gabapentin. At one point in 2014, I almost died from my Dr prescribed medications. In 2016, I moved from CO back

home to FL and tapered off my meds. I was lucky to find kratom. I have been taking it since summer 2017. Since then, my pain is mostly down by half. My head is clearer. I can carry a whole conversation. I sleep in a bed instead of a recliner. I can walk at least a mile a day. I can do my writing, painting and crafts again. Kratom certainly has not taken 100% of my pain away but neither did opioids. The difference is I am not in a stupor and passing out mid-sentence or take dangerous chemicals or have to worry if I will die from an opiod overdose. I feel I more like myself again. Kratom has given me my life back. I can have plans for a life and finally, after years of hardship and pain, I have hope again. Sincerely - Sue McManus

#819 : Kratom has helped me get my life back after trying numerous pain treatments. I was diagnosed with compartment syndrome in 2018

After surgery and physical therapy i was still unable to run or walk correctly but after trying kratom, the pain and discomfort I felt while exercising slowly went back down to a tolerable level. I am uninterested in narcotics or marijuana, so having a safe and legal alternative to pharmaceuticals has given me the opportunity to continue to remain active and in control of my own life. This is mine, and millions of other's story across the nation and it's all thanks to this miracle plant. - Brandon

#820 : I found that kratom works far better than the prescription pain meds and without any impairment

I am a 63-yr-old wife, mother, and grandmother. I have never had any addiction issues whatsoever. After being diagnosed with a chronic bilateral repetitive strain injury in 2004 and participating in several rounds of prescribed physical and alternative therapies, my doctors advised I was not a good candidate for surgical intervention. I was advised to give up my professional career and apply for long-term disability. Prescription muscle relaxers, antispasmodic meds, and opioids helped me manage the daily debilitating pain, but they sapped my energy, affected my mood, and caused brain fog. I've always been a compliant chronic pain patient and was stable on the same opioid dose for well over a decade. Never once did I ask for an increase in dose or take more than prescribed. In fact, I voluntarily reduced the amount I took whenever possible. I've followed all the rules and everything that's ever been asked of me. Nevertheless, after the 2016 CDC Guidelines came out, I started having trouble getting legitimate prescriptions filled on a timely basis through no fault of my own. I found myself having to ration my medication or risk running out, which caused terrible physical withdrawal symptoms, which happened more than once when the pharmacy delayed delivery by up to a week. Thankfully, I found that kratom works far better than the prescription pain meds and without any impairment. In fact, rather than sapping my energy, kratom actual gives a modest

energy and mood boost. I am now managing my chronic pain and anxiety quite well without opioids or benzodiazepines! Thanks to kratom, I can care for my family with stamina and focus! We are informed adults and deserve to have choices in how we manage our health. - *Pamela Carneal*

#821 : I don't know how I could keep my life stable and on track without kratom

I've had fibromyalgia for 13 years since I was 19. About 3 years ago I was able to function on a day to day basis with more intensity than I've had since I was a young teen. I'm off of paid medicines and suboxone since I switched to kratom. I don't know how I could keep my life stable and on track without kratom. I would be so physically tired and in pain that I wouldn't be able to work anymore. I would probably start taking suboxone again to help with the pain but it makes me tired. It makes me depressed to be in so much pain and have no energy to do anything except lay in bed or the couch. It leads to a bad depression if I can't do the things that make me happy. I get regular liver checks and blood work to know that it has not affected my values at all in the 3 years that I've been taking kratom. - *Dean Judd*

#822 : Kratom keeps me from taking opioids for my chronic pain and makes me feel like a human being again

I can feel normal and actually have a good day when I enjoy my tea! - *Sereatha Griffith*

#823

Kratom helps with joint pain in my knees. - Darcy Byers

#824 : My life is as full as it ever was with NO ill effects from the Kratom

I started taking Kratom 3 years ago out of desperation because I had been abandoned by my pain management physician and the sudden forced tapering caused a return of out of control severe intractable constant pain. I was in more pain than I could actually live with, so I had made a plan to commit suicide. I found out about Kratom while I was scouring the internet looking for either a way to live or a way to end my unbearable suffering. If it weren't for Kratom, my 12 year old autistic son has an active mother and my husband still has his wife of 11 years. My life is as full as it ever was with NO ill effects from the Kratom. God gave us plants like Kratom for a reason! Please leave God's medicine alone and stop pandering to Big Pharma's pocketbook! We ALL know that's what this is REALLY about! - Christina L Nunn

#825 : Kratom has saved my life. If it wasn't for kratom, I wouldn't be able to work from the pain

A car accident caused me to be out on high doses of pain medicine. It took over my life because I became very dependent. I decided that I didn't want to take the opioids any longer but the pain I felt was still there. I had no quality

of life because of the pain. My life has done a complete 360 from what it was 4 years ago. I've built a career, a home, family and I owe it all to kratom. I know that if I never started taking kratom, I would be in a very bad place, if not dead. Please do not take my quality of life away! - *Malorie*

#826 : Kratom has saved my life, as it has allowed me to function and move forward in life!

Chronic pain, Complex Regional Pain Syndrome, from car accident in 1993! Nothing helps pain, and not prescribed opioids. Kratom has saved my life, as it has allowed me to function and move forward in life! Without it, I would be just a puddle of pain! Pain, anxiety, depression, and no normal functioning in life would occur if this were to be discontinued from my free choice of use! Before supplemental use of Kratom, I would just lay curled up in an embryonic position! With no other help, and no positive forward direction for my life! This supplement, has helped me tremendously physically, emotionally, mentally, and psychologically, and gives me hope and desire to move forward and an ability to do so! Without it, I would regress to a horrible existence, with little if any capacity to function! - *Steve Malkowski*

#827 : Kratom has helped me with my back pain ever since I was in a car accident

It has helped me cope with my days and to be able to fall asleep at night. Without it, I would not be able to get any

pain relief especially because I am too young to be prescribed anything strong enough to actually help, and also have 2 herniated discs causing excruciating pain to my lower back and both my legs all the way down to my knees. - *Paul Allen*

#828

I suffer from diabetic neuropathy as well as fibromyalgia (I have other health issues, but these are the ones that HURT). Kratom has allowed me a bit of relief, even though I also need to use a couple pharmaceuticals (gabapentin and tramadol), and a cocktail of supplements and herbs for nerve pain. If I did not have Kratom to help fill in the gaps I'd have to either find a doctor to prescribe oxy again (been off it more than 5 years) or else spend the bulk of my days lying down and crying. Please do not take it away from me, or from all the other peoples whose lives are made better. Thank you. - *Steve Downing*

#829

I am a nurse and I have seen that kratom is essential for chronic pain patients to maintain a functioning life without opioids - *Louise Engelbert*

#830 Kratom helps me out with pain more than any of the drugs doctors prescribed

I have had endometriosis since I was 11. I am currently 48. The pain sometimes was absolutely unbearable. Sometimes I

could deal with it. Either way, I lived my life in pain. And it sucked! Try to be a good momma, and a hardworking employee when everything is pain. I went to doctor after doctor, after doctor. No one had an answer to why I was in pain. I have been prescribed so many experimental meds, all the different things they said was causing it. They even put me on prozac (cause it was all in my head) I almost killed myself (not intentionally) mixing meds to make it stop. I've had people call ambulances for me. I found out the hard way how much that cost!! I'm sure you can probably see where this is going. Eventually, found a doctor that was really helping me! But at what cost? He had me on neurontin, Percocet, Vicodin and oxycodone (not all at the same time) but yes, I felt so much better. But at what cost? It was all legal, and prescribed to me. Without me realizing I had a full blown addiction. As the years went by, I got off them. I had never felt better, and the pain I noticed was there pills or not. The pills just got me high and I didn't care. Then I find out my 2 oldest son's were in the same boat as me. They had been taking my pills long enough to have a drug problem too. So let's just skip a decade or two. Now we all use Kratom. I use it for pain. I have migraine, carpal tunnel, endometriosis, and a very over worked body. And it helps me out with pain more than any of the drugs I listed. My son's use it for pain and opiate withdrawal. They're still battling those demons.. and I pray they can stick with the kratom. I pray we will be able to in the future. Blessings - Dawn

***#831 : Kratom helps with my lower back pain and helps
me sleep***

I've never had side effects from taking it. Much better than man-made drugs and it's not addictive. - *Daniel Trent*

***#832 : I take Kratom everyday for my anxiety and my
pain***

I have fibromyalgia so I'm in pain constantly. I also have endometriosis which causes me major female pain. I have tons of anxiety and Kratom is the only things that helps with these problems. Please do not outlaw kratom. For the people that don't want opiates but still need anxiety relief and pain relief, it's something natural from God that he made to help us and now you guys want to take that away? - *Lisa Still*

***#833 : I take Kratom everyday for anxiety and pain. I
have fibromyalgia, endometriosis and major anxiety, and
the Kratom works for that***

I like that there is something that is natural made from God that works. From what I suffered for so that I don't have to take opiates or anything stupid. And now the government wants to ban this? What do they want people on heroin instead? Please do not ban Kratom. It's so very important for all of us who need it everyday. There are purposes for medicines that actually help people rather than just put money in politicians pockets. The government should be seriously ashamed of themselves if they are trying to take

away Kratom so that nobody can have a natural way to take away their pain. - *Ascending Spirit*

***#834 : I have really bad arthritis in both of my hands,
and the Kratom really helps with this***

I don't like taking pills or any type of chemicals for my arthritis, and like using kratom because it is a natural organic ground leaf. I don't see any harmful effects or any reason for these leaves to be banned. Whoever is trying to do this is ignorant. Thanks - *Larry*

***#835 : I mix the kratom leaves with orange juice and it
really helps with my arthritis I have in my joints, and it
helps calm my nerves***

I don't like taking any type of drugs or pills, and like using the ground up Kratom leaves, because it is all natural with no side effects. I don't want to take any pills for my arthritis, so please do not ban Kratom. I do not understand why anyone would want to ban this. Is it the same people that are always trying to stop Marajuana use? I do not smoke Marajuana, and Kratom is the only thing I feel comfortable using. I cannot see anything harmful about it. Thank You - *Laura Goodwin*

#836

I was introduced to kratom by a relative who benefits from it's effects. I had recently discovered that my c5-6 disc material had deteriorated and left me with pain going down

my arm and numbness in my finger. I did not want to do surgery until I have to and with the opioid epidemic, doctors it seems are unable to prescribe appropriate medications that are entirely effective for their intended purpose. Every person is treated as someone with abusive intentions. It's an injustice and almost criminal in my beliefs to allow and support suffering or force surgery. Until an entire health care overhaul happens (not in my lifetime) it seems kratom has provided me with some relief. It allows me to function in my fulltime + overtime work demands and everything else i'd like to continue pushing myself to do. My age doesn't help as in a couple years looking at 50. Scary number to me but what i know is that our bodies don't get better with age and surely don't feel better. Exercise will help for long term. But with pain it requires some attention. I take kratom throughout the day. I have reduced my ibuprofen intake since finding kratom. Sometimes my neck hurts too much and I need both. I have friends and family that responsibly use this natural substance and it seems to me another attack is being waged that is not unlike the cannabis ignorance and evil lies that were used to incarcerate and fund endless amounts of money into a well set up never ending and no end in sight justice system. The desperation of the fda and former commissioner scott gotlieb is laughably transparent. I believe they are attempting to control this substance for other reasons than protecting the publics best interests. Kratom has also put an end to my consumption of alcohol. Always had strong self control and not an alcoholic but had been drinking more than

I should have before kratom. I know someone else that it had same effect. I don't even think about drinking anymore. I do believe kratom saves lives. It needs more studies to fully understand all the possibilities, yet from my controlled experience and knowledge of others using has only been positive. And who wants to remove this? Why? Thanks for taking the time if you read all the way and if you don't support kratom i urge you to reconsider strongly. You may know someone you love dearly that could benefit from it's availability. - J Z

#837 : My joint pains were significantly alleviated

I have witnessed the way Kratom can be a really useful help to suffering patients, without any of the side effects classical painkillers entail. As a 74 years old grandmother, I have myself experienced Kratom treatment and my joint pains were significantly alleviated. I personally never experienced either side effects, or dependency of any kind. As a local medicine, Kratom has been safely used over centuries by large numbers of people. I would absolutely resent a Kratom ban. - Claire Maury-Rouan

#838

I have chronic back pain that requires pain management. I have irritable bowel and Kratom slows the diarrhea that plagues me. I have bipolar depression and this herb keeps me sinking into a deep depression as it elevates mood. This herb

is NOT addictive and has a 22 hour half life that helps very much. It is unlike an opiate with a half that is short, and far far more addictive. Kratom IS NOT OR VERY MINIMALLY ADDICTIVE. OPIATES ARE 100% ADDICTIVE. If you remove this herb and it is an herb then people WILL TURN TO HEROIN. Making this HERB a schedule 1 will lead to people turning to heroin. That is guarantied. THERE HAVE BEEN NO DEATHS RELATED TO KRATOM AS SOLE DRUG IN THE BLOOD SYSTEM. It is always been in combination with other drugs that in and of themselves are fatal. NEVER AS A SOLE DRUG. I am a physician and am well read on the topic. I understand science and the science does not support this as a schedule 1 drug. Your actions will and I mean will absolutely cause heroin addiction and death. This herb is a God send. - *PRS*

#839

Kratom helps my pain from sciatic nerve. - *Kevin Zaehler*

#840

Kratom saved my life! Been on pain killers since I was 14 until I quit at age 46 with the help of kratom, and I still use it for my head injury, head aches, and nonstop back, legs, and hand pain. - *Shane Brockway*

#841 : Kratom helps me more than anything and my life would not be very enjoyable without the relief the tea gives me

I was in a car wreck in 2002 which rendered my left hand 40% disabled. I had 4 bone and skin graft surgeries to give me some functionality. Also I have arthritis in my neck and a pinched nerve in my left shoulder. Kratom helps me more than anything and my life would not be very enjoyable without the relief the tea gives me. Kratom does not make you a zombie like most pain pills do. Please do not ban this plant because so many of us need it. America is about freedom to choose and I choose tea over pills. Thank you very much for taking the time to read this! - *Zane Barnett*

#842 : I have scoliosis and have been using kratom for years and it helps me tremendously

Not only with energy and appetite but it helps take my mind off the pain. I've known people to overdose and die from pain killers and that's impossible with kratom. - *Becca Stevens*

#843 : I have chronic pain conditions and kratom helped me get off of pain medication

I have taken kratom for 5 years now and have not become addicted. I can go a day or two without taking it and have no problem other than the pain I'm in without it. Please do not take this extremely helpful herb away from all of the people who need it, many of whom will end up going back to

traditional pain meds and become horribly addicted to them. I don't know what I'd do without Kratom. It has helped me so much. - *Laura Taylor*

#844 : Kratom keeps me out of pain. It is pain that is just not tolerable

I have lower back and foot pain. The foot has been operated and injected so many times, the doctors have raised their hands and pretty much given up. Kratom keeps me out of pain. It is pain that is just not tolerable. I do not want to be on opiates at all. Kratom gives me freedom from incredible frustration. I can work etc. Please do not take this away from us. It works. Thank you for your time. - *Jack Morgan*

#845 : I have cancer and the pain is too much, I need kratom

It really helps me. God please don't take it away. - *Brent Eagleberger*

#846 : I will definitely have to go on disability if I no longer have access to affordable kratom

I live with a chronic muscle and joint pain condition. I don't want to elaborate because my condition isn't what's important. Kratom gave me back my life is what's important. I will definitely have to go on disability if I no longer have access to affordable kratom. I will no longer be able to support my household and will become a burden on the state I live in.

This is life and death, getting by or becoming destitute. Prescription opiates are pure evil and I never want to take them again but that will be my only option if kratom disappears. Prescription opiates don't even work after a while but then you're addicted to them, it's awful. Kratom has never given me any side effects and I am able to go back to being a small business owner, daily exercise, and being able to enjoy being alive. - Lee Connell

#847

Kratom has helped me overcome serious neck pain after an injury. - Jonathan Humboldt

#848 : Kratom has kept me from having to use opiates for years. Kratom is the only pain relief that seems to work

And it is no more hazardous to my health than a cup of coffee. Making this a schedule I drug makes no sense. As a doctor of Toxicology, it blows my mind that I would have to write this short letter. Please say no to prohibition! - Dr. Matthew Ferguson

#849 : A friend told me about kratom and it's been the best thing that has happened for me

I am a horse shoer. It's very hard on my back. I've had one back surgery and was on pain meds for 2 years. After my surgery my back pain wasn't so bad. My nerve pain was still very bad. It was going to stay that way unfortunately. I knew

I didn't want to live on pain meds but I couldn't do my job without them. I have 4 daughters and my wife has always stayed at home. I was in a real jam. Hurt and work or live on meds. A friend told me about kratom and it's been the best thing that has happened for me. It helps my pain but I'm not forgetful or messed up feeling. It's been wonderful. - *Jeff Denson*

#850

I have diverticulitis. When I'm having an attack or bad stomach cramps I take about an ounce of Kratom and within 10-15 minutes my cramps are gone. - *Cassie Vizard*

#851 : When I was introduced to Kratom, I was amazed at the relief I obtained by a small dose of the powder

I have had long term issues with an injury sustained in 2001. When I was introduced to Kratom, I was amazed at the relief I obtained by a small dose of the powder. I went from 600-1800 mg of ibuprofen daily, combined with weekly chiropractic treatment, with no long term relief, to almost no ibuprofen and very few chiropractic visits. I have far less headaches, I sleep better, and I have a good energy level. Can't say enough about the difference it has made. I realize that pharmaceutical companies would rather I was addicted to opioids, or having consecutive surgeries, better for their pocket book. - *Annie Bruhn*

#852

My story is about my wife. She had cfs and arthritis. Kratom has been a great help for her. I am so pleased she is not on prescriptions pain meds. I've saw people lose their life to pain pills. Thank you kratom. - Robert

#853 : Kratom was my last hope for chronic back pain due to an auto accident. It is the ONLY thing that always works and allows me to live a normal life

Without heavy and dangerous prescription medications that often have bad side effects and have the risk of addiction. Please keep Kratom legal for me and others like me with similar stories. Thank you, - DJC

#854 : I have used kratom to manage pain for 6 years

I was suppose to have surgery but never had to. I think kratom should remain legal as it helps many people with many sicknesses. Thanks for your consideration. - Josh

#855 : Kratom allows me to function daily with a tolerable pain level

I have suffered from chronic pain for nearly 12 years due to double hip replacement surgery. I found Kratom 8 years ago. I am a distribution center operations manager responsible for over 200 people. Kratom allows me to function daily with a tolerable pain level. When my physicians were prescribing opioids to manage the pain I nearly lost my job. I tried

Kratom and removed opioids from my life. I took myself off opioids against my doctors recommendation. They were of the opinion I could not tolerate the chronic pain level. They were wrong. I never want to use opioids again to manage my pain. Kratom is the only safe, effective alternative. - *Bruce Jacobs*

#856

My wife and I both have chronic pain. Kratom really helps with this. We're off of pain pills, which are so much worse for you, and we feel much better. - *Mike Stansell*

#857 : Kratom is the only thing that gives me the energy boost and the pain relief I need to function well enough to work full-time

I suffer from chronic pain, chronic fatigue and autoimmune disease, and I was unable to keep a job, and becoming suicidal, due to my health issues. Kratom is the only thing that gives me the energy boost and the pain relief I need to function well enough to work full-time, as well as relieving my depression as a result. The best part is that I have no negative side effects like I had with pharmaceuticals. I know that I would be a) on government assistance, b) on hard street drugs, or c) dead, without access to kratom. Please keep this plant legal so that I can have a life and be a contributing member of society. Thank you. - *Dion Gillies*

#858 : I have chronic pain and been using Kratom for about 10 years now

It got me off pain meds. I have a second chance to live my life better than on pain meds. - *Ed*

#859 : I have been taking kratom daily ever since, and it has truly improved my quality of life

About 5 years ago my brother told me that he had discovered a botanical, kratom, that helped him greatly with his neuropathy and depression issues. He recommended that I try it for my arthritis and mood elevation. I was immediately impressed and delighted that kratom greatly helped me in those areas, with virtually no side effects, other than occasional mild and manageable constipation. I have been taking kratom daily ever since, and it has truly improved my quality of life, for which I am eternally grateful. It is also very affordable. I would recommend kratom without hesitation to anyone with pain, anxiety issues, depression, etc. - *Charles S Reskin*

#860 : I have MS and since I found Kratom my symptoms are mild

I also broke my back and kratom helps immensely with the pain. They cannot make it illegal! - *Stephanie Johnson*

#861

Been taking kratom for at least 5 years. I take it for my kidney stones and my lower back pain. I take 1/2 tablespoonful twice a day and that's all. Unbelievable that they want to destroy people's lives by banning this miracle herb! - *Guy Scott Markham*

#862 : *The Kratom released the pain from my injuries and I felt a lot better being away from the Oxi*

I had a work injury in 2011 damaged L4-5S1 herniated, T4 & T7 collapsed, and Cervical damage. I was using Oxi 4 times a day for like 7 years I started getting scared of the damage the Oxi may be causing and wanted help, and then I heard about Kratom and thought I'd try it and use it instead of the Oxi. So I switched from Oxi to Kratom immediately without any withdraws or cravings from the Oxi. The Kratom released the pain from my injuries and I felt a lot better being away from the Oxi. I'm going on three years now using Kratom I really hope this isn't taken away. There are NO side effects, NO drawbacks, NO high from it! Please allow this to be used instead of forcing us to use harder manmade drugs that kill. - *Rory*

#863

I started kratom to get off pain and anxiety meds a couple years ago! I love it. I have chronic pain and several leg pain

issues due to bone breakage. Kratom helps so much. - *Diane Robinson*

#864

I have familiar tremors, I've been through most every kind of medication a doctor can give you for this, most medications are enough to tranquilize a horse. Kratom makes it easy to manage, I don't shake as much and I don't become drugged. - *Amber Rose*

#865

I am a highly educated individual with a pain problem. I do not drink, smoke, or do drugs. Narcotics are often necessary but have their drawbacks. I believe alcohol is the worse thing for your body. Kratom is a non-addictive, mild, natural pain reliever. To remove this choice would do myself and others great harm. - *Stephen Foster*

#866

I am a 62 year old male who has had osteo arthritis since around the age of forty and have treated it with many different medications over the years. I discovered Kratom about 3 yrs ago and have found it to be a safe and economical alternative to opiates, n-saids, and other pharmaceutical painkillers. I have researched this subject for years and have come to the conclusion that the main opponents of this type of natural remedy are the

pharmaceutical industry, the physicians guild, and insurance companies. I am a voter and pay attention to these things and any government representative who supports legislation to have my right to obtain Kratom abridged will not have my vote. - *Brian Feller*

***#867 : I could actually exercise and be more active
without being uncomfortable***

I started using kratom after a friend sent me some to try. I was attracted to it because I have a bad knee, and wrist that were never taken seriously. My friend also mentioned it helping with his mood. The first time I had it I made it into a tea and after only 20 mins I noticed it cutting the pain in half if not more. I was able to stop thinking about my pain and actually do some work. I started looking it up on the pc to learn more and I found the articles and facts pretty amazing. I started using it twice a day and noticed I was taking less ibuprofen and naproxen and getting a better quality of life. I could actually exercise and be more active without being uncomfortable. I started buying different strains from different vendors. If I ever ran out I also found two stores in my area. Fast forward, I'm very happy to have found the plant not only for pain management but It gives me extra energy when I need it. I've recommended it a few times to certain people and they are grateful. If it becomes illegal I blame big pharma, and anybody who spreads false information. - *Mike Logan*

***#868 : I started taking kratom approximately 3 years ago
and the benefits have been a miracle***

I'm a firefighter and have suffered numerous injuries over the years which has left me with ongoing pain no matter what I would try. Kratom has significantly helped with my pain issues. Kratom has helped an endless amount of people that I know personally and has caused zero side effects. Let's keep this amazing leaf around for the people who reap its life changing benefits. Thank you - *James Daly*

***#869 : It's been really hard and I would have never made
it without Kratom***

I was in a car wreck 24 years ago. I've had 17 surgeries and my pain is bad everyday! I've had six spine surgeries and I need at least 3 more spine surgeries and bi lateral shoulder surgery. I've been on the opioid carousel for years, taken all the big ones. I've been researching Kratom for over a year and using for about 6 months. I've been clean of opioids for about 4 months. It's been really hard and I would have never made it without Kratom. - *Danna Porter*

***#870 : Kratom helps tremendously for my pain,
depression, & anxiety. Without it I'm doomed***

My pain meds were killing me. I have a 58-29 degree s- curve & 75 degree KYPHOSIS. Kratom helps tremendously for my pain, depression, & anxiety. Without it I'm doomed. No need

for greedy politicians & FDA to ban a leaf related to the coffee tree. It's non addicting & heals people! - *Bonnie Barney*

#871

I have chronic knee pain that affects my sleep. Kratom is one of the few things that can address this (short of powerful prescription drugs). - *Don Sherrill*

#872 : Kratom works wonders

I have neurofibromatosis and it causes many problems. Tumor-like cists grow outside and inside of the body and sit on nerve endings. My legs stay in pain and I do not want to be on prescription pain pills. Kratom works wonders. To say that it helps with depression and bad anxiety that I deal with, which I also been on medicine from. I been taking kratom for about 4 years and I am healthy and I go to work everyday and also kratom makes me wanna do the things I can't usually. It's changed my life. I'm more sociable and have the motivation to work and do things I enjoy and be happy. - *Justin Calvert*

#873

I have had chronic pain for over 50 years and I took all kinds of pain relievers that didn't work. Kratom has provided some much needed relief and some quality of life back. - *Lucy Perry*

***#874 : I have chronic pain and Kratom gave me back my
quality of life***

Without it my pain level gets to the point that nothing gets done. I tried lots of other medicine and nothing worked for me like Kratom does. - *Mike Largent*

#875

I have had Arthritic Pain in multiple Joints for over 50 years. At 70 I can no longer manage my Pain from conventional Drugs, because, every drug becomes "Unmanageable" sooner or later. NSAIDS. I used them for Decades but eventually developed an allergic reaction, and G.I Ulcers. My Dr. at the VA Prescribed Vicodin for me shortly before I had to retire from the disability and after several years, Vicodin left me in much worse shape, due to it s Toxicity (Tylenol), Chronic Bowel problems, etc., Quality of life, mobility and self-sufficiency are all extremely important as we age and current prescription Drugs are actually Detrimental to achieving those Goals. The Pharmaceutical Industry, which has no Moral Compass, is given way too much sway here and politicians added to the mix, will be sure to create a Remedy that will Make Money for them, as their Primary focus. Like something has to be a successful Business Model in order to work properly as Medicine??? Every time this debate arises among Lawmakers, Money is "The Elephant in The Room". Of Course. How many times has the FDA allowed truly damaging Drugs on the Market, in the interests of

Commerce?? Dozens in my Lifetime!! Kratom is like an Herbal Powder, which when encapsulated is effective against many of life's challenges. Just like Green Tea; it s a product of Nature and does not need to be "Adulterated" by businessmen, impersonating scientists, to be suitable for humans. It already is. Not 1 confirmed Overdose where Kratom was the Cause. This Drug is Banned in Foreign Countries because it threatens Revenue from their Government Run, Drug Trade. Keep a careful eye on the "Players" in this as it comes to court. I really will be surprised if they don't hijack another blessing given to us By God, for their profit motive, as usual - *Max Sage*

#876 : Kratom has been helping me with my shoulder pain for over 3 years now

I don't have insurance and can't afford operation, so kratom allows me to keep working by managing my pain. So many people depend on kratom because they can't afford insurance and get pain medication. Besides pain management, kratom also helps with depression and anxiety, another plus for people without insurance. Scheduling it as a drug would be devastating to a very large number of people who use it. Thanks for listening! - *Mark Meirowsky*

#877 : Kratom has helped her live her life somewhat normally

I have personally witnessed and researched kratom use. My fiancé has taken kratom for chronic pain for at least five years. After being prescribed vast amounts of opiates her tolerance for these medications greatly increased, and their effectiveness greatly diminished. Kratom has helped her live her life somewhat normally. She remains active and is capable of doing physically light hobbies such as gardening and moderate housework. Getting outside exercise and sunlight is imperative to maintaining a healthy lifestyle, especially here in Minnesota where the darkened winters sneak away our motivation (and our levels of vitamin D). Kratom's alkaloids do not get her feeling "stoned" or sedate, but rather reduce her pain to a manageable level. Her dosage has NEVER gone up and she does not have cravings like what is found in the average drug addicted person. I have taken kratom occasionally when my back pain flares up; and when my back heals I don't feel the need to take it. In my retail work setting I see many customers use it and who will not rely on opiates ever again. If regulation is desired, then much more quality research must be done before any drastic actions are taken. Any possible faults of consuming this leaf (of which constipation seems to be the most reported) must be analyzed with a benefit vs. risk ratio. And insofar as my research and personal experience dictates, I believe that the benefits far outweigh any risks, especially since there are so

few chronic pain treatments available. Thank you for your time and consideration. Sincerely - *Anthony*

#878

I am suffering from multiple herniated discs, fibromyalgia, arthritis. All of these conditions are very painful; kratom makes my life bearable and reduces the pain to a degree that I can function. - *Ben Elliot*

#879 : Kratom has been very effective and amazing

Doctors prescribed pain management drugs for me for over a decade. I quit that and later a friend suggested Kratom for medicinal pain management. Aleve and other over the counter pain relievers are only good in moderation so was looking for another way to reduce those risks. Kratom has been very effective and amazing, none of the high from opioids yet all the relief. I use moderate dose three times a day like I used to pain killers when in pain. Natural remedies are always best! It also has a very positive effect on body and mind. As far as addiction to Kratom, I don't use daily sometimes not for a week and never notice. - *Tazio Qubeck*

#880 : Kratom helps me make it by each day with my chronic, untreatable condition stage 3 endometriosis and adenomyosis

This disease makes me feel like I'm in constant period pain, and beyond. It has also robbed me of my ability to have my

own children. The pain is often unbearable, affecting me both physically and mentally. Kratom gives me the power to make it through without the use or need for opioids. I, along with millions of others that suffer with chronic pain, need Kratom in our lives and to maintain the current ease of getting it to keep functioning everyday. - *Rachel Elizabeth Gottlieb*

#881 : Kratom as helped my drastically with chronic knee and back pain with no side effects or organ damage associated with acetaminophen or ibuprofen!

No opiates or anything like that, a teaspoon before work in coffee maybe one more mid day and before bed. That's it and it has leveled off at those modest amounts for years and it's as cheap as aspirin! - *Ted Leever*

#882

After being diagnosed you UC (autoimmune disorder), dealing with prednisone and a bunch of other meds to keep my condition under control, I was low on energy for most of the day except when I was asleep, someone recommended kratom to keep up with my life. Since then I been using it as a daily supplement to keep me going and so far it's been wonderful. I am able to keep up with others at work (Framers), so if the plant or leaf becomes illegal then it's going to be hard to find something else that would help me, without having side effects. Please keep kratom legal. - *Andres*

#883 : Kratom has been very helpful with my lower back condition

I also was able to stop taking the prescription medicine that was prescribed for over 3 years. I am very grateful that I found this product. I pray that the FDA will keep it available to those who need it. - *Thomas H Lappert*

#884 : I had been having really bad back pains and carpal tunnel as well and with Kratom I don't feel either one of those like I used to

I started Kratom 5 months ago at a point in time when everything was bleak and pointless. I was pretty much at my breaking point. I live in a state where marijuana is illegal and it had been one of the few things that helped me maintain my sanity when things were bad. However, with the looming axe of potential jail-time hanging over my head any time I wanted to use it, the paranoia had started to outweigh the positive effects of it so I had to give that up. At this point I had heard of Kratom and decided to give it a try. And I honestly cannot even begin to fathom why anyone would ever make this illegal!!! I have only had positive effects from it, and my mental state is the best it has ever been! It doesn't even take much and it is definitely not something that I use to abuse. Most days I take less than 6 grams and have never taken more than 15 grams in a day. I just don't see the point in taking a lot, when just a little is all it takes. I had been having really bad back pains and carpal tunnel as well and

with Kratom I don't feel either one of those like I used to. I absolutely think it is the right of every human being to take Kratom if they so desire! The alternatives being prescription drugs do more harm than good as I have seen firsthand what those kind of drugs do to people. Kratom is a NATURAL alternative and should be promoted as such instead of demonized like it has been. Do the right thing and make Kratom available to all people and do the proper testing and spread true information about it instead of making it illegal. All you will be doing is turning innocent people into criminals just because they want to manage their pain! That is insane to even consider doing that! Let people manage their pain the way they see fit!!! - Ben W.

#885 : I have spinal stenosis, kratom gave me back a life I was losing

Between a chiropractor & kratom, I am able to work, walk my dogs, do many things that would otherwise be hard to do
- Charles Simpson

#886

Been using Kratom for the last year. It has gotten me off Nsaids and muscle relaxers every night for my back pain. -
Adel Alvarez II

#887

I use kratom daily and I can not survive without it for my back pain. - *Sean Daves*

#888 : *Kratom helped me get out of bed and be a mother to my kids*

I have used kratom safely since 2015. I struggle with chronic pain due to multiple chronic illnesses, one being Ehlers Danlos syndrome which causes my joints to dislocate throughout the day and has lead to arthritis, scoliosis, chronic migraines and several unsuccessful surgeries. I also have a condition known as superior semicircular canal dehiscence which is caused by holes in my skull between my brain and inner ears, this causes pain and dizziness and contributes to my daily headaches. I also have epilepsy. I have used kratom safely all these years along with the multitude of other medications that I take for all of my conditions. I found kratom at a time when I had no other options, I had a brain herniation and no one believed me. Kratom helped me get out of bed and be a mother to my kids, it gave me energy and allowed me to actually be with my family. It was like a gift! I continue to take it today and it has allowed me to stay on a low dose of pain medicine for the last four years. If I didn't have kratom, I would definitely need to take higher doses of pain medications which is something I don't like to think about. - *Allison Smith*

***#889 : Kratom has changed my life. I am a chef with
osteoarthritis that is intolerant to traditional pain
medicine***

I had to swear off all nsaids for a bit and was in a pickle. How can I work? I was almost forced to look into a homeopathic approach. Then I found kratom. With a small dose I can be a productive member of society and take care of myself. It is not addictive or habit forming if taken in natural state. I really don't know what all the fuss is about. It IS easier for me to go to my doctor and get on a script that's covered by my insurance. and with some things I still do! But with my pain management, kratom has been the only thing that truly helps enough. Do not take this choice away for millions. We are not addicts just people that don't want to use disability as a crutch for ourselves or our state. Let us make our own herbal choices.- *Michele Gay*

***#890 : I use kratom to help with severe back and knee
pain***

I refuse to take prescription poisons which are addictive and expensive, and contain ingredients which not even the drug makers know the long lasting effects of. Kratom is a plant given to us by our creator, and no man has the right to overrule God. It's the greed of crooked politicians who get money from "Big Pharma" to outlaw Gods creation and it is people like me who will vote and/or physically force you out

of office. This is your only warning. Keep kratom legal. -
Jason Smith

***#891 : I am disabled and use kratom for pain instead of
the alternatives that are out there***

I took opioids for a couple years and understand what they do to your mind. I can get opioids from my doctor but don't want to go that way and it will cost everyone more money .
Thank you - *Kevin*

***#892 : When I found kratom I was immediately able to
stop taking suboxone with no pain or discomfort. It saved
my life***

I hurt my back many years ago and was prescribed pain meds. Of course, I got hooked. I took suboxone for over 9 years and could never get off of them because of the hurt they caused when I went without. When I found kratom I was immediately able to stop taking suboxone with no pain or discomfort. It saved my life. I've been clean for over 2 years. Please don't take that away from other people. - *Kelly Younce*

***#893 : I have been using Kratom for the last 5 years for a
number of reasons like arthritis pain management and
having COPD***

It helps with my energy level. Please don't make It illegal. It benefits so many people! - *Lorene DeLeon*

***#894 : I was able to get off ALL pain medication and get a
resemblance of my life back***

I have had 2 back surgeries and suffered pain daily. I was taking so many pain meds and they were not working very well any longer and I knew that there had to be a better alternative to help me with the pain. I came across kratom and after researching I decided to give it a try, that was 5 years ago and the best decision I've ever made. I was able to get off ALL pain medication and get a resemblance of my life back. Kratom LITERALLY has helped me so very much and I could not imagine having to go back to how I use to live. -
Michelle Miller

#895

Years ago I broke my neck and suffered from severe pain. Opiates were the only thing that helped with the pain but had horrific side effects. If it were not for kratom I would be another statistic of opiates side effects (Delusional thoughts, Anger, Depression, etc...). I feel Kratom has saved my life. -
Brian Russell

***#896 : Without kratom I would not be able to work and
support my family***

I have had several back surgeries and problems with opiates. I work in construction because it's the only way I can support my family. Without kratom I would not be able to work and support my family and would have to be on assistance. I have

been taking kratom for close to 6 years and I am in perfect health with the exception of my severe back pain, that I take kratom for. Do not ban this. - *Anthony Huber*

#897

I found out about kratom at a smoke shop, when I inquired about it they told me it was great for pain. I immediately thought about my sister who suffers from reumathoid arthritis and was talking a ton of pills to control joint pain. So I bought one container with 60 capsules to give it a try. Needless to say her pain went away and combined with other alternative measures she was able to let go of all the meds she was on allowing her to return to a more normal life. She keeps using kratom to avoid using any pain medications. - *Rolando Legarreta*

#898

Kratom is a healing leaf that has saved countless lives and changed countless more for the better. Kratom has been a natural way for me to deal with my chronic back pain and it would be missed with no alternatives available other than opioids and other synthetic pharmaceuticals. Keep it legal! - *Matt Niesen*

#899 : Kratom helps with my chronic pain

I'm a recovering drug addict and kratom is the best thing I've ever taken for pain. - *Amberley Shay Boyd*

#900 : I use kratom for severe back pain

I cannot work without it. It helps me to feel normal. My back pain is no way for me to live. Why take away my right to choose how I live my life? - Bryce

#901 : I have been using Kratom now for 2 plus years and I feel better then ever

I have had 12 plus surgeries in the past 15 years. Pain is part of life now, and Kratom has given me my life back. The ongoing regiment of pain pills and Dr visits was unbearable. I have been using Kratom now for 2 plus years and I feel better then ever. I even was able to lose weight due to less pain giving me more mobility. Do not take this away because of big pharma greed! - Ty Freeman

#902

Kratom helps with my chronic pain from fibromyalgia. - Desiree

#903 : I have been taking Kratom for pain for sixteen months

I have had a back disease since I was a teenager. I was diagnosed with Juvenile Discogenic Disease, and Fibromyalgia. I was on disability for three years and the doctors had me on 19 pills a day. They offered no help and insisted that I wasn't a candidate for surgery, as it would put more pressure on my spine. I didn't want to be on disability

and started doing my own treatment. I walked at least three to four miles every night, and started an intense stretching routine. I managed to get off of all my meds but a few, and got back to work on my own. I have been working now, steady for approximately, fifteen years. The medication that they had me on, only made me sick and so I tried to just use ibuprofen, until I got to the point where that didn't work, and I feared that I would have to stop working because the pain got unbearable. A friend gave me some Kratom that he had picked up from another state. After an hour my pain in my back and legs disappeared, I was amazed that he had told me that you can't buy it in Wisconsin. I did research, and found that a lot of media sources repeat stories that they hear from other sources most of which i discovered through research was wrong. I have been taking Kratom for pain for sixteen months. I take it only when the pain gets unbearable and usually only on work days so that I can stay and get paid. - *J. Woods*

#904

My story started a long time ago when I was in my early 20s when I started suffering from chronic pain which lasted until I was about 38 when I broke my hip and none of the pain medications controlled it. Tried Kratom and it relieves the pain more than anything else - *Emily Perina*

#905 : Kratom has been helping me alleviate my lower back pain from pinched nerves for over 5 years now

When I first discovered it I was amazed that it wasn't more popular. I have been able to function and thrive at my construction job, which can be downright brutal at times, with heavy lifting and extreme weather conditions the norm. Kratom has helped me greatly lower my alcohol consumption as well as completely eliminate the need for daily NSAIDs and acetaminophen medications for pain. I get regular physicals and blood work done at my doctor, and my liver enzyme levels remain in the lower end of the normal range, which is great. I have no doubt that plain leaf kratom is very beneficial to my health and well being, and it would have a very negative effect on my life should it be taken away. - *Joey Gassman*

#906

I have some health issues and the Kratom helps a lot with the pain. I don't have to worry about getting addicted. - *Scott*

#907 : Before I found Kratom I was in constant pain

I was absolutely miserable. My life has turned around completely. I do not want to think what my life will be like without it. The pain is much more bearable and manageable, no addicting narcotics needed. I cannot go without Kratom. Please don't take it away. Many life's will be destroyed without it. - *Todd Hower*

***#908 : I have several conditions I am fighting, all of which
are being managed extremely effectively with the use of
Kratom***

Kratom has helped me stay off hardcore pharmaceutical medications that destroy my immune system and make me unable to operate my life. I have several conditions I am fighting, all of which are being managed extremely effectively with the use of Kratom as a daily regiment, there isn't a single thing wrong about this plant, just money hungry investors that want to eliminate it from peoples hands to force people back on their hard core pharmaceutical pills. I have transferred completely over to holistic medicine and it is saving my life, and there is nothing that is going to continue to stop me from healing myself in a natural way. - *Ezekiel*

#909

I have several chronic illnesses that cause pain and swelling, without kratom to control the pain and swelling I can't work.
- *Lynnette Albrecht*

#910

Kratom keeps me pain free from psoriasis and arthritis instead of having to take rx's. - *Roland Stix*

#911 : You would be quite mistaken to believe that any pharmaceutical made available even to someone with my disease, can come vaguely close to kratom for pain relief and real energy

I'd been living my life in constant pain and falling asleep almost every time I would sit for more than two or three minutes. Work was a living hell due to unconquerable physical exhaustion and never feeling like I had woken up. I HAD to get up just before work and go directly to bed as soon as I showered and could swallow a few poptarts or other no-effort food item when I got home. No matter how much you convince yourself you're familiar what I'm describing, or how much hyperbole you may assume I'm applying, I assure you that I can only understate the level of depression that ensues when your life is chronic pain and fatigue. The chronic cancer I have is not even the only condition on which Kratom would have an obviously positive effect. There are many diseases and conditions that cause life to be more than extremely difficult to endure. You would be quite mistaken to believe that any pharmaceutical made available even to someone with my disease, can come vaguely close to kratom for pain relief and real energy that isn't "wired" like caffeine, sugar or prescription drugs. Also, and immediately, I was imbibed with a calm sense of enthusiasm which, after a week, alleviated my depression symptoms. Tip of the iceberg of kratom benefits, but the more words, the more foggy the message: IF YOU TAKE KRATOM FROM ME, YOU WILL RETURN ME TO

THE HELLISH PIT THAT I LIVED IN FOR SEVERAL TERRIBLE YEARS OF MY ONE AND ONLY LIFE. - *Sam Stein*

#912 : Kratom gave me my life back

All of the doctors just wanted to pump me full of opioids due to my chronic back condition. Now I take a teaspoon of kratom in the morning & I'm fine!! No drugs whatsoever. - *Thad R. Thornhill*

#913

This PLANT has helped me with debilitating Rheumatoid Arthritis so much because the DEA has choked doctors out of prescribing pain medicine to those of us who truly need it. If you outlaw Kratom, you'll have blood on your hands. We shouldn't have to suffer because people abuse narcotic pain medicine. Kratom is our last hope! - *Jill Evans*

#914 : Kratom along with CBD has been the solution to a 15 year struggle with crippling Migraine headaches

I believe that it should not be treated as a schedule 1 drug. Please do not take away the solution that took me so long to find. I literally just got my life back and this herb becoming unavailable would mean that I would go back to 3-4 days per week where the only thing I can do is lay in my bed experiencing crippling and debilitating pain from chronic migraines. Schedule 1 is absolutely not the solution, in fact anything that keeps Kratom from being available for personal

use should not be put into affect. Making sure that the Kratom I get is safe is one thing I can tolerate, but beyond that please keeps the governments hands off of this miracle supplement. - *Nathan C Hall*

#915

Chronic joint pains, do not wish to take opioids. Liquor would work, but the side effects are devastating. Kratom works, made my life bearable again. Regards - *JP*

#916

Kratom has enabled me to live an active outdoor life whereas before I was largely housebound and miserable due to chronic pain that doctors recommended be treated with dangerous, expensive, and addictive pharmaceuticals. - *J. Williams*

#917 : Kratom helps me to live a semi normal life

I am a 39 year old woman from California. I have used kratom for about two years now instead of opioid pain relievers. I have had a venoustasis ulcer off and on for almost ten years now and have permanent nerve damage from it. I am in pain almost constantly every day. I hate the way opioids make me feel, not to mention the dependent issues that comes along with taking them on a regular basis the way I have to. Plus, they really don't help that much with pain control the way kratom does. Kratom helps me to live a semi

normal life. Being in pain almost 24-7 is a really hard way to go through life and it scares me that this all natural drug could become illegal just so they can push opioid use and make money off of us. Please, I urge you, do some research on the wide number of benefits that people like me get from this instead of just banning it. In my opinion alcohol and doctor prescribed pain meds are what needs to be looked at closer, not kratom. It took me 8 years to find something that works. Because I have tried it all. it was a long road to get to this point in my life. Thank you for taking the time to read this. - Aimee Lynne Williams Meder

#918 : I take ibuprofen and kratom to provide enough pain control to function through my daily life

I'm 47 turning 48 in 2020. I have always stayed as healthy as possible and enjoyed exercise and lifting weights to stay in shape. In 2016 I found out the pain I had began experiencing in my neck/shoulder area was from naturally degenerative disc issue. C5 disc is missing completely. I'll need surgery and not looking forward to it. In fact I'm putting it off until it's absolute necessary. I'm very active. Work full time and much overtime when required. I take ibuprofen and kratom to provide enough pain control to function through my daily life. I don't drink alcohol anymore. I was drinking often before using kratom. I have little desire to drink or experience the effects of alcohol on my brain at this point in life. It saves me money and i feel better for it. I know of someone else that has become the same way. I will continue

to use kratom in the most responsible manner that helps me.
- Zachary Zane Razemba

#919

Kratom helps me with pain due to a back injury. Please keep kratom legal. - Kenneth Lewis

#920 : I have used Kratom as a herbal dietary supplement for the past five years to combat chronic neck and shoulder pain

I have been able to virtually eliminate hydrocodone from my treatment plan thanks to Kratom. I understand the need to keep people safe. But Kratom does not cause respiratory suppression as do conventional opiates and opioid drugs. But Kratom is non-toxic, and there are no documented cases of somebody dying from use of Kratom alone, the studies always have the presence of other substances. Kratom is a non-toxic herbal supplement that is not dangerous. Millions of Americans use Kratom every day without complications or health risks. Please do not turn millions of Americans into felons overnight by scheduling Kratom as a Schedule I narcotic. Thank you - Adam Tomczik

***#921 : Kratom has turned my life from a depressed
nostalgia for the things I had lost, to becoming an active,
established member of my local community***

After damaging some discs in my back, I was prescribed pain killers for years. I was rotating 6 pain medications, snowballing into a whole mess of exacerbated depression, anxiety and insomnia. They didn't relieve my back pain, just helped me ignore it, until I built a tolerance to that pain med... then, on to the next. I was self-employed, but unable to work. A chain reaction was in motion that saw me through the loss of health insurance, forfeiture of my business, loss of a long-term relationship, and eventually through moving back home with my parents, in my 30s. An exgirlfriend introduced me to kratom, in an attempt to help me maintain my mental health. At the time, I was barely able to take my dog out to the yard, and things like taking a shower were a weekly, at best, occasion. The day I first used kratom, I took my dog on a mile long walk. It's only in retrospect that I see the damage oxycodone/hydrocodone/ambien/tramadol/methacarbamol/etc/etc/etc had done to my life and ability to function. Kratom has turned my life from a depressed nostalgia for the things I had lost, to becoming an active, established member of my local community. Since adopting the daily use of kratom, I've started a new business that has gone on to be called the Best Local Brand by local publications (3 years in a row), for our work/contributions in our city's arts culture and small business community. I've

become a great example of the positive impact of kratom on an individual, and the potential ripple effects on others in the community. The most important thing about my adoption of kratom, though, is that after almost 7 years of daily pain killers, I haven't needed so much as an ibuprofen, and I sleep every night. - J.R.

#922 : Kratom helps you with chronic pain without any side effects

My friend that was in 20 years of pain when nothing else helped him started taking Kratom and he got his life back. He is happy and he can work out without pain. No Doctor and no amount of pills helped him in 20 years. Kratom saved his life and helped me when I had an injury. - Chad Bonsack

#923 : Kratom has helped me tremendously over the past few years

I took kratom for the first time when I cracked one of my ribs a few years ago. The doctor prescribed me tramadol, which did absolutely nothing for the pain. I had to have help getting in and out of bed. The pain was excruciating. I had never broken a bone before in my life. So I got myself a pack of kratom capsules from a local shop. I heard it helped with pain and wanted to try it. It was all natural and from a reputable company. To my amaze, it worked really well! I could go back to work. I could pick up my little girl, which I couldn't do before. I used it for about 6 weeks until I was

completely healed and then stopped taking it since I didn't need it anymore. I still take it every once in a while if I work out and strain my muscles too much. But it has helped me tremendously over the past few years and I would rather have the option of eating a plant than taking poison pills for pain. It's a no-brainer because it is so much more healthy than taking addictive pharmaceuticals. I don't want drugs in my system. Even legally prescribed drugs. Prescription drugs have horrible side effects that could be permanent. I do not trust the health care system either. Too many times I have been overcharged and misdiagnosed or my symptoms were treated wrongly. I do, however, trust nature. Kratom has been used for thousands of years. Did you know the most abused substance is caffeine. But caffeine isn't illegal and is more dangerous than kratom. Please keep in mind the millions of people this plant helps for many different reasons. And thank you for taking the time to hear our stories. Best regards,
Lauren Gilmore of Texas

#924

I have had all sorts of issues since a hernia repair surgery. Only answers doctors could provide was vicodin and/or tramadol. I found kratom from a friend of mine and haven't taken a pain pill since. Not only can I operate like normal but I don't have the drugged up feeling conventional prescriptions give me. My life would literally be in shambles without the help of kratom. - *Brandon Fox*

#925

I have chronic back hip and knee pain, was on opioids for years. Kratom was suggested to me by a friend 5 or more years ago and I have never looked back. I'm doing things I haven't done in years. By making it illegal you are asking people to go back to opioids and people will die! That is not hyperbole. We all know opioids kill. We have a safe alternative and it's taking money out of the pockets of big pharma. Please side with the people not the money. Thank you for understanding - *Kyle Grannan*

#926 : The kratom actually helps her manage her pain better than any other medicine she's been on

My mom has had severe and chronic pain for all of my life. She is at the point where Doctors can't do anything else to help her except give her more pain medicine. I got her started on Kratom earlier this year. Since starting kratom, she has been able to stay off of all narcotics. Not only has she not used any narcotics recently, the kratom actually helps her manage her pain better than any other medicine she's been on (she's been on a lot). Kratom has been extremely helpful to our household due to her increased mood without her usual pain. A loss in access to Kratom would be extremely disappointing to her because it would mean more doctor appointments out of town for more drugs that she has already tried without success. - *Elizabeth Brunson*

#927

Kratom has helped me more than you would ever know to get through my days of back pain and migraines. I have actually been able to have a normal day, please don't take this away. - *Kara Johnston*

#928

Kratom has helped me with my fibromyalgia pain for years! I couldn't deal without it! - *Tab Huddleston*

#929 : I started taking kratom regularly and noticed a drastic difference in my pain levels

I discovered kratom about 5 years ago. At the time it was useless to me, I was a young go getter. Eventually I started to develop daily migraines. I tried all sorts of pharmaceuticals recommended by physicians, however the ones that did successfully relieve my pain, had horrible side effects. I was starting to miss out on life, days turned into weeks and then into months. I started taking kratom regularly and noticed a drastic difference in my pain levels. I enjoy the lack of serious side effects. Although my migraines have diminished, I continue to take kratom for a mood stabilizer. As a teenager I was exposed to many traumatic events. This caused me to also be put on medication. Again the side effects were life changing, one medication made my legs shake uncontrollably. A different medication caused extreme paranoia, which I never seemed to recover from completely.

Kratom has changed my life for the better and I can't imagine what will happen if I have to resort to prescription medication. Thank you for taking the time to listening to my story. - *Taneeshya Sedminik*

#930 : A friend recommended kratom to ease the pain, it was like a God send!

I am an electric lineman, have been in the trade since 1999 and my job requires alot of manual labor. In 2013 after a MRI, I discovered one of the disc in my lower spine had exploded and I required spinal surgery. Went through the surgery and followed all the surgeons and doctors orders, tried to get back to work after missing 3 months of recovery and rehab. First day back quickly found out something wasn't right with my back. I only worked for 2 1/2 weeks of 2013 due to back problems, jumped through all the hoops, spinal injections, pain management clinics trying to get me to take opiates (I refused), settled on Tramadol which at the time WAS NOT an "opiate". Tramadol eased the pain enough so that I could go back to work. Later on the FDA decided to reclassify Tramadol as an "opiate" which created more problems. A friend recommended kratom to ease the pain, it was like a God send!!! It has given me my life back for over 6 years, allowing me to work and have a normal life. Now big government wants to take that away, I know multitudes of people who use kratom and if it becomes an "opiate" and is criminalized it will not be a good outcome. Common sense

isn't so common anymore, but government overreach certainly is becoming more common sadly. - *Jonathan Martin*

#931 : I'm diabetic and in a lot of pain so I use kratom to relax me and calm my nerves down and it works

I don't like medicine, I take enough diabetes prescription medicine!!! Please keep kratom legal for people like me. Thank you - *Ahmad Sheikh*

#932

My husband was in chronic pain for years & started taking Kratom March 18 & it changed his life for the better. He is a new person, Kratom changed his and my life! - *Lotta*

#933

Kratom helped me so much after my back surgery. - *Jo Clark*

#934

Simple, kratom got me off pills from sports injuries. I take a little if pain is not manageable for sleep. - *Drew Livermore*

#935 : I first started using Kratom after I had my knee replaced three year's ago

I had a terrible, slow recovery from the surgery and was in a lot of pain. At the time the surgeon had me on Tramadol for the pain but it was of limited help. They (dr's office) we're putting pressure on me to stop the Tramadol but I was still in

heaps of pain and unable to complete my rehab and therapy sessions. I searched online for some natural nonprescription help and tried several unsuccessful alternatives before stumbling onto kratom. I'd never heard of it but on a post surgery blog the name kept coming up. Long story short, I ordered some online, tried it, had immediate relief and was off the Tramadol in one week. It's three years later and I take Kratom daily now in place of prescription arthritis meds (Arthrotec). I'm 68 year's old and only take blood pressure and cholesterol meds these days. Quite simply Kratom has been a life saver for me. I don't quite understand why someone would want to ban it, doesn't make any sense to me. - *Geoffrey Donald*

#936

Kratom helps with pain relief due to degenerative discs in my lower back. Works well enough that I am able to play golf. - *Lloyd Hecht*

#937 : *Been taking Kratom for 4 years now after knee replacement*

This natural product does extremely well for managing the pain without having to take pain killers. Three capsules a day and the pain is gone. It's a miracle product. - *James Hyman*

#938

I use kratom everyday, it helps me with my neck pain, i can function a lot better with it. - *Allan Lobo*

#939 : Kratom helps everyday with my lower back pain

Kratom is merely a beneficial tea that has been helping mankind for thousands of years. It is NOT like synthetic opioids and opiates. It is NOT addictive. There is no impairment. The pharmacy industry will never stop the spread of misinformation about our tea. It's sad that we live in a world where a rich Industry can lobby and have such an influence on law makers. It's obscene and pathetic. Pure kratom has NEVER killed anyone. The constant smear campaign against kratom wants you to believe different. People need to be advised to only purchase lab tested products that are safe from adulterants. Kratom helps everyday with my lower back pain. The corrupt law makers don't care about facts, they care about kickbacks from big pharma. I will continue to use kratom. My body, my choice. - *Zachary*

#940 : My pain most days is manageable and I can work and sleep without opioids

I had my back fused 3 years ago both shoulders rebuilt and my insurance company will only authorize a 2 week supply of tramadol every 3 months. My son suggested I try Kratom and it has totally changed my life! My pain most days is

manageable and I can work and sleep without opioids (which since the opioid epidemic are not available to me) I use a teaspoon full every 4 hours during the day and it works! If Kratom is made illegal I don't know what I can do to get through the day! - *K Larson*

#941 : I started kratom 3 years ago for chronic pain due to neuropathy in my lower back and rotator cuff damage and arthritis in my wrist that stopped me from living due to the pain of all three

This wonderful herb has given me my life back. I'm pain free and able to sleep through the night. It is all natural and drug free. I did not want to take lyrica or cymbalta knowing the bad side effects. Now I have no bad side effects at all just feeling free and living my life. I thank God every day for creating this wonderful plant. - *Renee Antaya*

#942

I have neurologic Lyme disease and can't take narcotics. Kratom and Tylenol are the only things I can take for pain. Kratom helps me tremendously. Please keep it available! - *Jan K*

#943

Kratom helps with my chronic pain and keeps me off of stronger painkillers, the manufacturers of which are probably behind this push to make it illegal. Drug companies (did you

ever notice the use of the word "drug" here?) don't want consumers to have safe, healthy, affordable options that take away from their sales. Please keep it legal. It is a natural, minimally processed plant. Its effects are very mild, yet strong enough to keep me off of pharmaceuticals. Basically, it helps prevent me from becoming a (prescription) drug addict to manage my pain. Thank you. - *Kyle Hamm*

#944

I lost my opioid pain meds due to the phaseout of opioids for pain management. I have degenerative disc disease and psoriatic arthritis. Kratom has been only thing to help the pain since I lost access to pain meds. - *Rafen Norliss*

#945 : Since my car accident, kratom has been a life saver

Kratom has always helped me to stay focused and be productive. Since my car accident, kratom has been a life saver. Without kratom my back muscles go into spasm and clench on my herniated l3 and l4 discs. This makes it very difficult for me to even get on my feet again and results in more pain. With kratom I have been able to keep spasms at bay and am able to seek further therapy. Kratom keeps me functioning and able to work. I am 24 years old and am worried to use any pharmaceutical pain killer because I have lived in house holds affected by real opioid/pharmaceutical pain killer use and have seen how it ruins people and their families. I am determined to treat my pain with out the use of

these dangerously strong and addictive drugs no matter what it takes. - *Michael Deja*

#946

Dealt with scoliosis since I was 16 which really makes things bad sometimes. Friend told me about kratom and how it took all his pain away. Tried it and it worked amazing. Also helps to elevate my mood as I also deal with depression on a regular basis. Please don't ban this just because you don't want big pharma to loose money to a natural alternative. - *Cooljoe*

#947

My wife has chronic pain and fibromyalgia and the doctor kept her doped up, which is why I'm sure they want to ban kratom. Big pharma needs paid to pay the political machine. But kratom has helped where nothing has. - *Aaron House*

#948

I am 53 year old male with chronic joint damage and back pain. One of the first things Dr.'s ask me when they examine me is: "Are you you still working?". For the first 10 years, late 90's into the 2000's, I was prescribed Vicodin for pain, since there is no operation or therapy to help my condition. Back then I used the same Dr. for many years. 2011 I started using my skill set to move around and see USA, Alaska, Hawaii, South Florida, and every new place I moved I needed to

establish Dr.'s because I cannot work with out controlling the pain I have. The first new Dr. I went to I had a real hard problem getting on Pain meds, because it seemed like Dr.'s we're scared to prescribe anymore. Another reason is that it seems like Dr.'s don't examine you anymore, they just want to treat you through blood samples. Every Dr that has taken the time to examine my body, then realizes the pain I go through. Since 2011 when I visit a new Dr. and try to tell them the pain I go through daily they refer me to a now called pain specialist, or management. Which would be fine, BUT IT TAKES MONTHS (ABOUT SIX) to get an appointment to pain management (five moves total and all similar experience). Back in 2013 trying to make it through this wait, I seen on the news about Kratom and how trying to make it illegal and used for pain was mentioned. I immediately found a place to purchase and tried, and wow, it tastes like crap BUT WORKS VERY WELL FOR PAIN. I have read it also is used to BREAK THE ADDICTION FROM OPIOIDS and similar drugs. I use Kratom on a daily basis. And read Kratom is used for a lot of other GOOD uses If I can not manage my pain, and laws are making it so much harder for me I will have to go on disability. Every pain mangment clinic I have been too (after half a years wait say " you need to be here". To whom it may concern (law makers). DO NOT FALL TO THE PRESSURE OF PHARMACEUTICAL COMPANIES. KEEP THIS LEGAL - *Allen Williams*

***#949 : I have had several surgeries the past 5 years and
kratom has given me my life back***

Pain medication only gets you addicted, Kratom does NOT. -
Jonathan Sajdak

#950

Had chronic pain for over 20 years and was taking pain meds
for years. With Kratom I have gotten away from prescription
drugs and maintain my levels of pain to at least tolerable. To
make this illegal would be a huge mistake for millions of
people. - *Robert Breedlove*

#951 : Kratom has been my life saver

I am a nurse who had emergency spine surgery I have a lot of
nerves damage in my legs. And I'm in a lot of pain the pain
meds can't touch. But Kratom has been my life saver. I don't
like taking strong pain killers. And at least kratom is natural.
Kratom needs to be and stay legal for those of us that don't
like taking pain meds - *Barbie Risner*

***#952 : Kratom is a God send and I have used it nearly
every other day since I was 17***

I am 33 now and buying a house, not an addict, quit
drinking, smoking, and it lowered Rx pain meds that I need
for my leg issues. That aside, PLEASE, how could I start this
process and why dont they try something new. This would be
living proof. I have UC and IBS, chronic pain, all of which

have healed and gotten better over time with this medicine, paid with my own cash, and stick to myself. Never a problem with law, great kid, college grad. My primary care doctor even is blown away My grandma gave it to me at the farm when I was a teen when I got hurt now and then and I didn't even know it was a "drug" per say. It has gotten way out of hand and the FDA and them are not playing fair - so why be quiet. Says a lot coming from a guy with both parents passed away and that has PTSD, and anxiety. Peace love and harmony, thank you very much, we can win this. Sincerely, -
Ryan Merrill

#953

I work in a factory. It is so hard on my body, I wake up every morning in pain and can barely walk. As soon as I take my kratom I am completely relieved of any and all body pain. -
Lonna Potter

#954

I have muscle and joint pain and kratom has given me a safe alternative to addictive conventional medications for the past 6 years. - *Jason Dkrbec*

#955

A friend told me about the pain relieving qualities of kratom for arthritis. I have limited mobility at 67 years old. This

medicine has changed my life and I am almost pain free.
Thank God for Kratom. Please keep it legal. - *Kent Simpson*

#956 : It is a God send for pain when no other prescribed medications will help!

I'm a 60 yo Christian, adoptive mother, and a disabled graphic artist with a loving and supportive husband. I have been taking Kratom for chronic daily migraine for almost 3 years. It is a God send for pain when no other prescribed medications will help! I don't always have to take it, but I'm glad this natural plant is there. Many say it doesn't help migraine, but it has really helped me! It's much cheaper than triptans for migraine if I buy from trusted vendors online. Please don't take this natural relief away! - *Ellen*

#957

Kratom helps my endometriosis more than the narcotics they want to prescribe me. Kratom is not addictive!!! - *Casey Noto*

#958 : It gave my body the break it needed to heal naturally

Fresh out of high school I went into construction sure of myself that I was going to develop incredible skills separate myself from the competition and be a leader in the industry. With that being said it was accomplished I had a small business was very hands-on and from years of abuse my back can't take any more. It was a very sad day when I finally said

to myself I really need to see a doctor at age 25 ! Trying to make a long story short here so after seeing multiple doctors pain management doctors chiropractors getting MRIs injections in my back that were supposed to subside the pain. I even tried cupping, acupuncture and holistic remedies. I was desperate for results to be out of pain. So I'm going back to age 25 when I first decided to see a doctor ever since day one I was loaded up with Percocet, Oxycontin and towards the end my tolerance was so high I was given fentanyl! You have to remember these were the glory days for these drugs they weren't out for horribly long yet there was no overdose epidemic they were given out like candy. Again trying to make a long story short by age 32 I was extremely frustrated with having to take my pain meds at night strictly at night just to sleep. I was unable to take these drugs during the day and operate heavy machinery my doctor told me at the time with how high my tolerance was I would be OK operating heavy machinery and powerful saws on a low-dose. I was well aware of what the drug was doing to me and never took it during the day. The only thing I would look forward to every day was getting home from work taking a shower and taking my painkillers so I could enjoy an hour of my day pain-free and then inevitably drift off to sleep. Without these powerful drug it was physically impossible to fall asleep. Again I am now 32 years old so seven years of dealing with pain and trying everything possible to fix my bad back and avoid surgery. This has gone on for too long I finally broke down and decided to start seeking out neurologists. Went and

had a new MRI done for my back and started visiting neurologists. Out of all the doctors I went to in the past nobody explain to me what was really going on besides always hearing you have a herniated disk. Again armed with my most recent MRI the neurologist doctor that I liked the most and became comfortable with looked at my MRI and said oh my God Sean how have you been living like this for so long you need surgery. At the ripe age of 32 that was a very hard pill for me to swallow. Fast forwarding I did the surgery and it helped me 90%. Again my neurologist explained to me there is no magic wand your back is aged beyond my real age and all I could do is try to be as gentle as possible with it for the rest of my life and I should be OK. Now that we live in the world that we do where there is the opioid pandemic doctors are scared to write anybody a prescription for them including the people that these drugs were created for. People that live in pain every day and doctors simply will not give these drugs to them. Needless to say when I complain about back pain to my doctor nowadays they absolutely refuse to give me a strong painkiller like I was given many years back they give you all of these other anti-inflammatory drugs I could go on a tangent of a list of names but I won't. Now the highlight of my story a friend of mine mentioned kratom o me in passing as I was chewing his ear off about days I still have pain. I picked up my first bag and the rest is history. Now let's get this part of the story straight. By no means is Kratom In anyway like an opioid pain killer except for the fact that it mentally puts you in a better place

to where you can relax and let your pain drift away. The way people overdose on painkillers is in no way similar to Kratom. I read the statistics that show there have been people that died due to kratom Use. Simply put I don't believe it was Kratom but a mixture of other drugs they had in their system or lots and lots of alcohol or something to that extent. I have taken very high dosages of Kratom for the very rare time where I have no choice but to work my back and by the end of the day it is very stressed and spasming. All it ever did was end the spasming and allow me to get comfortable in my bed so I could sleep it off, and it gave my body the break it needed to heal me up naturally. - Sean Mack

#959

I have a tobacco shop in Wisconsin. Was selling Kratom in store til they made it illegal several years ago. Seen first hand people and veterans addicted to opiates get off them due to kratom, with no after affects. - David Schoville

#960 : Kratom has helped me numerous times when I couldn't even function

I've been on and off pain pills since I was young due to multiple surgeries and kratom has helped me have a quality of life! - Becca Haney

#961 : I started using kratom as an alternative medicine to pain killers or over the counter pain reducers because of a pinched nerve

It has helped me relax and handle my pain, without any weird side effects. Grateful I found this alternative medicine.
- Riley Mendez

#962 : I discovered Kratom from a friend and I found a great relief from it without having an addiction problem

I am a sufferer of chronic pain to not my own fault. I have been dealing with this severe neck and back pain for almost 20 years. At one point I couldn't hold a job or even function on a daily basis. After going through physical therapy, chiropractor, and more I was left with still more pain, namely Sciatica. I was unable to figure out a solution and health insurance became unfordable with my income. Trying to get disability was nearly impossible. I was simultaneously getting treated for severe depression and an anxiety disorder. I fell into a path of opiate drug use for a time in order to cope with the mental trauma, physical pain, and anxiety. I knew there had to be another way that didn't carry an addiction problem and didn't leave me with unmanageable side effects. I discovered Kratom from a friend and I found a great relief from it without having an addiction problem. My mental anxiety was eased, my work productivity went up, and most of all my pain was minimal and manageable for the first time in my life. I am educated about the benefits and proper use of

Kratom unlike many out there. This plant changed my life and got me off of opiates. I have no idea what kind of place I would be in without it. Kratom is a natural plant and has worked miracles for many people that were at the end of their rope. One thing I know is that if this plant must be banned you have to ban alcohol too. Alcohol is severely addictive, destructive to the liver, and causes fatal automobile accidents on a daily basis. Don't worry about kratom, worry about real issues like Heroin, Crack, and Meth. These are the things destroying communities. Kratom is a healing plant like Marijuana. It has been a great source for people with sleep problems, anxiety, back pain, migraines, and more. It is a beneficial herb just like Marijuana, except people are less informed about it. People are convinced it's an opiate, but in reality it targets the same receptors as chocolate, immodium and many common things in the world. Please don't take that away from people because you aren't doing your research. People around the country really need this, especially in todays day and age. Our society is sick and this is an herbal medication many good people depend on. - *Bob Elliot*

#963

I have lived with chronic pain for over 20 years. I have had a few surgeries in my neck arms and hands to relieve some of the pain. I have been taking Kratom for over 3 years and I have my life back. - *Amber Dorawa*

#964 : Kratom literally saved my life

As someone with a chronic illness, exhaustion and severe pain from fibromyalgia, rheumatoid arthritis, and a herniated disc in my back I could barely function. It had gotten to the point that I wasn't sure I was going to be able to care for my two autistic children. I had tried every pharmaceutical medication available and then I started trying supplements. This is the only medication that ever helped. When I have a flare up this is literally the only thing in the entire world that helps relieve the pain. I can not take it on days where my pain isn't severe but that's a disease like mine will flare up and I will have pain and trouble moving for weeks or even months. Thank God for the supplement it allowed me to be able to drive my son to school without having tears streaming down my face the entire drive. My life went from barely existing to at least being able to live a little. It has increased my quality of life unlike anything else. Without it I don't know if I would make it. Before I found it I was seriously contemplating suicide due to the pain and having no way to relieve it. I don't think of it anymore because I may still hurt but at least it helps take the edge off enough that I'm okay. I've never increased the amount that I take and I don't have any side effects. I thank God everyday for this. Please I'm begging you don't take away the one herbal supplement that is actually helping save my life. - Rebecca A Fanson

#965 : *I cannot recommend it highly enough for pain management*

9 years after my hip resurfacing I began to experience moderate to severe chronic pain, and rather than risk addition to opiates and other synthetic pain management pharmaceuticals, I discovered Kratom. I now take kratom as needed, always taking a one day off a week and a few days off per month to reduce the risk of developing a dependance. I experience no withdrawal symptoms when I refrain from taking it, and no unpleasant side effects (constipation, drowsiness) like i did whenever I took pain killers in the past. I cannot recommend it highly enough for pain management. My fear is that it poses a threat to Big Pharma, which would be the only reason anyone would consider making it illegal. Just this once don't sell your souls and compromise your integrity for lobbyist money. This kind of behavior will lower your self esteem and eventually lead to serious physical illness. Money cannot buy happiness. Numerous Positive psychology studies show that after a certain point (roughly 100k per year) more money has a minimal effect on your sense of well being. thanks, good luck listening to that quiet voice inside you. It's called a conscience. - *Robert Birnberg*

#966 I discovered Kratom about 2 years ago. I use it for pain in my neck caused by arthritis, a bone spur and degenerative disc

I've tried other prescription meds but they didn't work and had too many side effects. Kratom is a miraculous natural botanical plant that helps millions of people like me. Keep it legal! Sincerely - David C. Allen

#967 : My life is so much better, I work more and I live better.

I have a bulging disk, which affects my sciatic, fibromyalgia, and neuropathy from diabetes. I have been on vicodin and neurontin. When I was on vicodin I got up to 30mg a day. At some point I realized it wasn't taking away the pain it was just making me high so I didnt care I was in pain. So I got off of vicodin and it wasn't easy. My pain continued to get worse. I heard about kratom I dont remember where, so I researched it. Decided to try it. I have been in pain for over 25 years . When I first tried it I was skeptical. I took my first dose and waited. In 30 minutes I was feeling so much better my pain was almost gone. In 45 minutes it was gone. I didn't believe it, thought maybe I just wanted it to work so bad it was in my head. So I took it for a few days and wow. So I take 1 teaspoons of of red, and I teaspoon of white and green mix. My life is so much better, I work more and I live better. I'm happier then I've been in over 25 years. I dont take it every day. I take it as needed, the days I work or when I have alot

to do at home. I haven't had to up my dose. I don't have to take it more often. I have been using kratom for two years and I can't explain how it has changed my life. I'm enjoying life, I want to live. I enjoy playing with my grandchildren, never thought that would ever be possible. - *Anita Holler*

#968 : Kratom helps tremendously with my pain yet I can still function

I was recently diagnosed with lupus and possibly Rheumatoid arthritis. My body hurts from the time I wake up until the time I go to sleep. I was looking for an alternative to pain medication and came across kratom. I remembered watching a documentary about it years ago so it caught my attention. I decided to try it and was amazed at how well it worked for me. It helps tremendously with my pain yet I can still function. I don't feel loopy or out of it when I take it. I have 3 kids so I need to be on top of my game at all times. I also decided to use kratom for my anxiety so I quit taking my anxiety medication. Kratom works for me, I am able to live a normal life with it. - *Angela Banks*

#969 I gave Kratom a try. And it has been a life saver

I have rheumatoid arthritis as well as a handful of other autoimmune diseases, so I have chronic pain and fatigue. I was originally on opioid medication, but found myself needing more and more just to control the pain. Not to mention the nauseating side affects - dizziness, shortness of

breath, feeling of disassociation, vomiting. Just plain horrible. I lost my husband to cancer 2 years ago, just before being introduced to kratom. I watched him become more and more addicted to pain medication over the span of his illness. It was frightening. I saw myself heading down that road. So I did some research, and spoke to a few friends, and was told about this plant that affected the same receptors in the brain as opioids, but without the side affects. So, I gave it a try. And it has been a life saver. No more pain medications, and I have some quality of life back. I've been taking kratom daily, for 2 years, with no harmful side affects. With my autoimmune issues, I have regular blood work done every 3-6 months - and have had no abnormal labs from this wonderful plant. I don't have the nausea, shortness of breath, the "high" feeling or any of the side affects from opioids, but I get some pain relief and a boost of energy. Please follow the science behind this plant, and don't let greedy bureaucrats decide the fate of this natural wonder. #iamkratom - *Katrina Keller*

#970

After years of chronic pain and on and off of pain medications. I finally found kratom, which helps me have a normal life, without side effects and addiction. - *Sue Gertner*

#971 : I have bilateral sciatica, fibromyalgia, and chronic fatigue. Kratom saved my life!

I have generalized anxiety and PTSD. I was so tired and in so much pain I didn't no how I was going to make it. I was afraid of pain pills because my son was addicted to heroin. I learned about kratom while talking to a girl at the beach who has lupus. It has changed my life, I can get out of bed now! It really helps my anxiety and I can be around people now! Literally I have a life now! I'm am so grateful! - D Massengill

#972 : If it wasn't for Kratom I would not be able to stand up and work all day

I am a pipe welder. Before I finish my coffee with my Kratom in it, my back has already stopped hurting. I am 63 years old and will probably have to work / weld until I can't any longer. - William Phelps

#973

I take kratom for pain and energy. I have back and knee problems. Kratom tremendously helps. - Paula R Melugin

#974 : I wouldn't be alive today without kratom due to severe, intractable pain and I'm only 30 years old

I cannot take opiates due to side effects (kratom is NOT an opiate despite it hitting the same receptors - guess what? So do sugar and dairy - they attach to opiate receptors too and that's why people get addicted to them. I think we all know

that's not the same thing as taking a real opiate). This is my only alternative. I am completely sober on this PLANT which cannot be abused without making someone very very sick and potentially puking. Real opiates are not an option because of the severe addiction, withdrawal, hyperalgesia (worsened pain with prolonged use), horrible constipation, etc. We need kratom because it doesn't have any of those side effects, or CNS depression. You can't OD on kratom, you'd puke first. The very few who have died "from kratom" had mixed other substances with it. How can the government pretend this is a narcotic though? This potential banning stuff needs to stop or we will have a huge increase in the suffering of innocent human beings, suicides, people turning back to prescription opiates or even heroin out of desperation to control their pain & other undesirable outcomes. It's funny how our government is okay with western medicine docs aka glorified drug dealers who push actual narcotics. I guess if pharma can't sell it, it should be banned. The heroin and fentanyl issue should be what the FDA and DEA worries about. Way to kick people in pain while they are down? By trying to take away a miracle PLANT? Kratom is healthier, people are still functional on it and responsible, you don't see them turn into junkies like you do on opiates/opioids. Sorry but this is ridiculous. - Axel A.

#975 : I started taking Kratom years ago. It has been a God send

As a person who suffers from rheumatoid arthritis and fibromyalgia most of my life, I have struggled to find anything that will ease my suffering. I was ultimately introduced to Kratom and realized it was something I had looked for my whole life. I then realized how much it also helps with my depression and anxiety. This was an added bonus. I have struggled with addiction for 13 years, starting with being prescribed pain medication at the age of 16. I have been able to get off of 4 medications and be very active with my children. I have a job and am super thankful that this plant remains legal. Thanks - *Brittney Rugg*

#976 : Kratom has been a God send for me in treating hard to treat neuropathic pain and arthritis, and has kept me working and productive and kept me off the disability rolls

I do not know what I would do without this plant, my quality of life would suffer immensely without it, it has been the only treatment that works and I have tried them all. - *Patrick B Render*

#977 : I have been taking kratom for my pain for over 5 years, and it has 100 percent given me my life back

I am a nursing student and mother. I was diagnosed with interstitial cystitis 5 years ago. It literally felt like acid

continuously dripping on my bladder. I went to multiple doctors and specialists to no avail. I was told it's incurable and chronic. After I realized I would have to live with that constant pain all my life, I became suicidal. I didn't see a way out and the pain was controlling my life. Thankfully, shortly after my diagnosis, I found kratom. I was amazed at how much of my pain was taken away! I finally found hope. I have been taking kratom for my pain for over 5 years, and it has 100 percent given me my life back. I seriously cannot live without it. PLEASE take this into serious consideration when you think about banning kratom, as it really would affect so many real lives, and not for the better. Thank you - Ashley

#978 : Kratom has helped me tremendously

I suffer from pain and I'm unable to get pain medication. Kratom helps me to manage my chronic pain. I don't know what I will do if it becomes unavailable. - Jamie A Fish

#979 : Kratom has helped me to manage my chronic pain and to live a productive and happy life and has allowed me to avoid using narcotics

I suffer from severe chronic pain that hinders my ability to enjoy life or to be active and healthy. As a matter of personal philosophy and religious beliefs I believe in and prefer natural remedies and the medical power available in nature and God. In addition to my personal beliefs I have a strong aversion to opioids or narcotics of any kind. I hate the side-

effects and how they make me feel and I hate how dangerous, addictive, and destructive these pharmacological drugs are. Kratom has helped me to manage my chronic pain and to live a productive and happy life and has allowed me to avoid using narcotics. I am a father of six and I live a responsible and purposeful life. I am not a drug addict, a drug abuser, or a man-child "getting high". Kratom is one part of my treatment but it has helped treat my chronic pain safely and effectively so that I can function and be a productive part of society and a good father and husband. The FDA and the DEA are attempting to be alarmist and to demonize kratom and kratom users. Please don't believe the hype. Please believe the science, please believe the voice of the People. IF KRATOM IS TO BE OUTLAWED AND TAKEN FROM THE HANDS OF THOSE WHO HAVE EXERCISED THEIR GOD GIVEN RIGHT TO CONTROL THEIR OWN LIVES, THEN IT SHOULD BE DONE CONSTITUTIONALLY, AFTER DUE PROCESS, NOT AT THE HANDS OF UNELECTED BUREAUCRATS. Thank you for taking the time to read my message. - *Kim*

#980

I have had problems with IBS my entire life. Everything I've tried works at first but then after a month it stops working. Kratom is the ONLY thing that helps me!!! - *Edana Brown*

#981 : I tried Kratom and was blown away at the relief

I have Lupus and a rare genetic disorder called Ehlers Danlos Syndrome. The only treatment for EDS is opiate pain medication as it causes extreme debilitating pain. I suffered for years trying to find an opiate dose that was effective. They medication would work for a while and then stop, leaving me in pain and severe withdrawal. One day I was researching pain relief and came across kratom. I tried it and was blown away at the relief. I never have to increase my dosage, I never get sick with withdrawal symptoms, there are no side effects, and it doesn't alter my brain chemistry. This plant is saving lives! It would be Tragedy to make it illegal. Please consider this! Very respectfully - *Christen Granger*

#982

I quit all my opiates in 2011, but still had pain. In 2015 I heard about Kratom and sent away for some samples, they changed my life. I now have a better quality of life, can sleep at night and even enjoy my garden. - Tina Erwin

#983 : Kratom saved me

I have been taking kratom for over a year now. This is the first time in almost 18 years that I have not had to take any prescription pain pills or prescription antidepressants or prescription anxiety meds. Kratom has helped me greatly in my life with my pain and my mental health issues and also the addiction I had with pain pills. I have DDD, osteoarthritis,

rheumatoid arthritis, SI dysfunction, sciatica problems, MDD, generalized anxiety disorder. Kratom saved me. I seriously feel I would have ended my life by accidentally OD on all the different pills I was having to take for all my ailments.

Kratom saves lives!! - Sara

#984 : Not one of these treatments over the years has given me any relief until kratom

I suffer from multiple medical issues which include migraines, fibromyalgia and chronic pain. I have tried various medical treatments available: the shots for my migraines, botox, triptans, biofeedback, a spine stimulator for my back, injections, and more. Not one of these treatments over the years has given me any relief until kratom. Kratom takes the edge off my pain and allows me to be more active. - Amy Benham

#985 : I have fibromyalgia and kratom helps me so much with pain

I can now function and take care of my family. - Christina Franklin

#986 : I have been taking kratom for about 5 months. And it has literally been a life changing experience

I have been in chronic pain with my bulged disc for about a year now since I had my youngest child. The doctors refused to give me any pain medication and said ill need surgery but

with my new pregnancy I can't have surgery yet. Now I'm in more pain than ever. I have been taking kratom for about 5 months. And it has literally been a life changing experience. I can somewhat take care of my other 7 children now physically and can continue to work part time. I was getting so depressed and wasn't able to hold my own children, bend over, stand, sleep, work or really anything. Kratom helps me so much with my pain it's a miracle. I was even considering suicide and now I feel like I'm able to live almost a normal life. I still need my surgery and might not need kratom anymore but if I get injured again I would much rather turn to that than opioids. I never feel high just relaxed and less pain and anxiety. For people to get high on this must take an unbelievable amount. Let's face it though people could abuse over the counter meds any day and do. Cigarettes are legal and kill people everyday same with alcohol. There are so many great benefits with kratom, I hope it becomes legal everywhere and stays that way to help save people who are suffering physically and mentally everyday - *Sonya*

#987

Kratom has saved me and members of family and friends from suffering chronic pain when modern medicine could not!!! - *Popeye*

#988 : A friend of mine recommended Kratom, and my goodness, it has changed my life

Gosh, where do I begin? I battled addiction for years and finally got completely out of that hell. However, I still had the pain which, btw, has significantly increased as I have disc degenerative disease. I have also been in a couple of very bad accidents, as well as lived on a farm breaking horses for years, constantly being thrown off. There are several factors that contribute to the pain that I live with daily. A friend of mine recommended Kratom, and my goodness, it has changed my life. I live with 95%, at least, less pain than in the years before. Therefore, I no longer need to take the opioids that destroyed my life & my family. I also have bipolar depression and Kratom helps with that as well. So, now I live pain free & no longer suffer with as much depression. Please, don't take this miracle from us. - T.A.

#989 : I've seen first hand that kratom can help people suffering chronic mental and physical conditions

I've also seen first hand how kratom can help ease the nation's opiate epidemic problem naturally. I suffer from chronic pain and use kratom to manage it. I also suffer from anxiety and use kratom to deal with it. I have not experienced any side effects and believe it is as safe as coffee. Recently, I saw somebody successfully use kratom instead of muscle relaxers for a bad back. I have a friend with opiate addictions who has been clean for years because of kratom. I

truly believe my life & the lives of millions of Americans will
suffer without the freedom to consume kratom. - *Brian
Hunter*



CHAPTER 8: REAL-LIFE STORIES OF OVERCOMING MENTAL HEALTH ISSUES WITH KRATOM, INCLUDING DEPRESSION, PTSD, ANXIETY, BI-POLAR, INSOMNIA, & MORE



This 4th chapter of real-life Kratom stories focuses on how Kratom has helped Americans to overcome various different mental health issues. This chapter highlights how Kratom is

playing a significant role in alleviating mental health problems across the nation.



#990

I have been taking Kratom now almost a year. I grew up on a farm and work construction and other difficult jobs for 25 years. I hurt all over everyday that I wake up and Kratom makes getting up much easier. I have been diagnosed with anxiety and agoraphobia. I have been able to contribute to society with the use of Kratom. Please don't take the option away. - *Tammy Rechtzigel*

#991 : Kratom is such an important part of my life. Before I started taking kratom, I was always exhausted

No matter how much I rested, it was not enough. I have a sensitivity to caffeine and can not take part in daily coffee consumption like most other Americans. Kratom, which is closely related to the coffee plant, provides me with the energy and relief I need to get through the day. This plant is not bad. It doesn't make me high. There is no danger of overdose. This is a harmless supplement. - *Robert Dolan*

#992 : I use kratom every day to manage my depression and my pain, as well as my PTSD symptoms

Before discovering it, I was a wreck, I couldn't get out of bed, life was hopeless. I've been using kratom for two or three

years and I feel my life is worth living! PLEASE hear the cries of the folks who would not only be at a disadvantage with kratom becoming illegal, but might even die in some extreme cases! Please read the science! It's miraculous how much more I can actively be a part of my life - my career has taken off, I'm being with and appreciating my family. Kratom has saved my life. - *Shawn Drawdy*

#993 : I suffered from PTSD and horrible migraines for years. (30+) Kratom has given me my life back

It also helps the pain and anxiety that comes with PTSD. Thank you for making this available to those of us who really need it. - *Diana B*

#994

Kratom has helped me cut back on my Valium dosage significantly. I have Social Phobia and it almost eliminates it. - *Thomas Henry*

#995 : I was able to stop taking anti-depressants and finally start my life

Depression defined my life. A social worker pulled me out of my 3rd grade class to talk to me because my teacher was concerned. I wasn't happy like other kids. After my son was born, I was diagnosed with post partum depression and eventually, major depression. I drank kratom for the first time

in my mid 30s. Two hours later, I felt relief. I thought, this must be what normal feels like. I was able to stop taking anti-depressants and finally start my life. Now I'm grateful for everyday of life. Im a better mom and I'm even running for local office. Kratom saved my life and I dont want to lose it. - *Lesley G.*

#996

I suffer from severe depression, Kratom saved me - *Sarah Shea*

#997

Kratom has helped me with depression and anxiety like no prescription medication could after 20 years of trying different things. - *Ashley Rose*

#998

Kratom is a miracle plant, I suffer from chronic fatigue and it's the only thing that gives me energy. - *Sarah R.*

#999 : *This amazing plant has been a God send for me and my anxiety*

Due to having extreme anxiety it is hard for me to get motivated to do things on my bad days. Here comes Kratom to the rescue. Helps calm me down and gives me the energy I require to function "normally". All of my anti - anxiety medications cause me to be drowsy and I absolutely abhor

this quality they possess. I take Kratom in conjunction with my anxiety meds and have not had any ill reactions between the two. Please, do not take this away. This has helped and will help many more in the future if allowed to research it extensively. This country needs to take a stand to pharmaceutical companies and stop letting them push us around because they have all the money. Helping people should be just that and nothing to do with making money. It is sickening. - *Joshua VanKoevering*

#1000 : Kratom has helped saved my life, and also improved the quality of life I have

I just wanted to take a moment out of my day to simply say: thank you. For many reasons, both personal and in general. I lived with a heroin addiction for nearly a decade, and didn't use kratom to quit using (I did that taking a different path the summer in 2014). However, I suffered a great deal of trauma in the following years, divorce, months in a hospital from a freak infection in my lungs, lost a dream business as a videographer/editor. As a result my anxiety, depression, and general mental health has been an ongoing struggle. I don't really love the pharmaceutical industry in the US, and therefore am very apprehensive about taking prescriptions for mental well being. I also have suffered from debilitating anxiety related headaches, and nausea in the past. Kratom has helped saved my life, and also improved the quality of life I have. I am healthy and happy now, and kratom has been a part of that journey. I am extremely active, mobile, and fit;

kratom helps keep me fueled. Gym, work, and leisure activities are all acceptable places for Kratom in my book, when used responsibly. Thank you for providing a sincere advocacy that gives a good look to something that unfortunately takes on a seedy disposition. I know the DEA, and other government agencies love to cast shade upon this simple medicinal leaf. You are making a difference by striving for excellence in this field. I will continue to share my experience to those who are open. Mine is the face of health: and I use Kratom everyday. - *Damen Blackgrave*

#1001

Kratom helps with my anxiety and depression without self medicating with illegal street drugs. - *Vanessa Coleman*

#1002 : Kratom has helped my treatment resisant major depression disorder when more than 30 medications did nothing at best (some made it worse)

Almost 30 electorconvulsant shock therapy's (the "Gold Standard" of severe depression treatments, usually within just a couple of treatments), 32 TMS treatments, \$10k in ketamine treatments, etc. Kratom also alleviates the severe anxiety I experience and have been prescribed the maximum daily dose of alprazolam for over a decade for (addiction sets

in within weeks and is now being linked to dementia).
Kratom lessens my dependence on amphetamine salts, which I've been on the maximum dosage for (again, highly addictive with serious long term consequences) - *Jeremy R*

#1003 : I stopped taking Adderall 10 years ago when I discovered kratom allows me to focus better with less side effects

Kratom has been a blessing in my life. I used to take Adderall for ADD, always feeling terrible after the drug wore off. I stopped taking Adderall 10 years ago when I discovered kratom allows me to focus better with less side effects. I have been taking for 10 years and am healthier and happier than ever. This plant is a blessing , it changed my life and I truly believe that we are a better country with it being available. Thank you. - *Michael Botelli*

#1004 : Kratom helped me cope with severe postpartum depression

I've been using it off and on for 3 years. In addition to antidepressants and exercise Kratom helped with my mental health and severe anxiety. - *Alli Green*

#1005 : I just recently started using Kratom to help with depression and anxiety

In general I'm pretty low energy kind of person but kratom has improved how well I can focus during the workday, and has helped immensely with random anxiety attacks. I hope this plant never gets banned because this honestly is Helping me. - *Dillon Rogers*

#1006

Kratom saved my life. I have chronic pain issues, ADHD, anxiety, and instead of a bunch of dangerous and addictive chemicals, this sacred plant takes care of all my issues in one convenient leaf - *Chris Longaberger*

#1007

For most of my life I struggled with pain, anxiety and depression. Finding something that helps ALL of my ailments was amazing! This plant has saved my life! - *Samantha Olson*

#1008 : Since I have been on Kratom however, I have not needed medication and have not had any attacks

I have had anxiety for many years. I would have anxiety attacks every few months, to the point that I needed medication. Since I have been on Kratom however, I have not needed medication and have not had any attacks. I recommend it to everyone. - *Jessica Parks*

#1009

I have very high stress and anxiety and also suffer from depression. For many years I used alcohol or drugs to deal with it. Kratom has helped me stay sober and maintain my stress level - *Hannah Jones*

#1010 : Kratom helped me get off multiple antidepressants I had been on for years

It also helped after the fact of staying off pain relievers & muscle relaxers. I'm off all doctor prescribed pharmaceuticals for several years now & prefer to remain on a natural track from here forward. - *Sherè Bravo*

#1011

Kratom has helped my anxiety more than any prescription medicine including Xanax and Valium. - *Linz R.*

#1012 : I simply feel like a NORMAL and Functioning human being that genuinely loves life and can also contribute to that life now without the weight of my crippling anxiety and depression

For years I suffered with depression and anxiety, I used nicotine and phentermine to push me through my days. I stumbled upon Kratom while researching natural remedies that would help me kick my dependence on Phentermine and to help with depression. I did a lot of research because I did not want to kick one bad habit just to replace it with another.

I did not even think it would help me but figured I had nothing to lose. From day number one I was able to leave phentermine in my past. I felt IMMEDIATE relief from anxiety and depression. 1 week later I was no longer reaching for my ecigs. I had motivation, clarity and peace of mind, and a smooth mental energy. I truly believe I suffered all my life with undiagnosed ADHD. Taking kratom does not make me feel any negative side effects, I simply feel like a NORMAL and Functioning human being that genuinely loves life and can also contribute to that life now without the weight of my crippling anxiety and depression. I take low doses and have kept them low for 3 years now, no problems when I take breaks (and I do often) I typically feel fine (similar to but not as agonizing as one would feel when not drinking their caffeine in the morning) it isn't even half as bad as that. If I didn't have this beautiful plant in my life I would still be suffering. I actually think it also has healed me. I also feel 20 years younger and I contribute this to this miraculous plant and to a healthy diet. There is so much misinformation about kratom and fear mongering and it is frustrating to me because they are SO WRONG. We shouldn't have to fight for having something that helps us improve our lives. - Tammy Freeman

#1013 : I got off of psych meds that robbed me of my personality and caused me horrible side effects that lasted for years

I as a citizen of the United States demand a sovereign right over my consciousness and demand that the FDA end it's propaganda campaign against kratom. I've taken kratom for 8 years. I got off of psych meds that robbed me of my personality and caused me horrible side effects that lasted for years. I am in great health now, my heart, liver, and kidneys are great and have suffered no other health issues in an 8 year period. I also have a successful career and raise a child. Seeking to incriminate people who are living a better quality life using kratom should within itself be considered criminal. The health care system and big pharma have overwhelmingly failed mental health patients and those who need pain management. The evidence of kratom's benefits amongst it's users is almost universal. We know how much it's improved our lives. The FDA has spread lies and disinformation about kratom. They have deliberately demonized kratom from the beginning when there is no actual proof that kratom on it's own has killed anyone. All the while alcohol is legal which is without a doubt one of the most dangerous, addictive, and useless drugs known to man that kills millions. For the FDA This is about money, not concern for the health and safety of the public. They wish to demonize kratom just as they have marijuana and claim it has no medical benefit which is 100% unequivocally false. To say otherwise in the face of those who have successfully gotten off of pharmaceuticals and live a better quality of life because of kratom is disgusting and should not be tolerated in a free society. We as a people cannot be lied to and manipulated by the media and those

corrupted in power much longer. In the information age anyone who has a brain can figure out that they are being lied to by the FDA and big pharma for themselves. The age where evil billionaires who seek to line their pockets to absurd proportions by robbing people of their freedom and causing them to suffer and even die has to stop. - *Bryan Heathcote*

#1014 : I use Kratom daily for anxiety and insomnia

I have tried everything else and Kratom is the only thing that works, it works better then cbd or cannabis for me. - *Sheldon Wright*

#1015

I was suffering from anxiety and depression and was prescribed Effexor. I had terrible side effects and scoured the internet for natural alternatives. Kratom was the answer and I have been able to live a normal life. - *Kevin Durr*

#1016 : Kratom absolutely saved my life. I've suffered from treatment resistant Manic depression for 20 years

I'm a mother of 2 toddlers, and babies deserve a happy mama. This amazing plants helps me see the sunshine like I've been in darkness my whole life. And I truly was. Now I am able to wake before my babies each morning, fix my tea (kratom/water/ lemon) and am able to face the day with vigor. I no longer need to take pain medication either as this

amazing leaf helps my rheumatoid arthritis. This plant is a God send and the people deserve to have the right to treat themselves in a naturalist way, in lieu of prescription drugs. Thank you and God bless - *Melissa Ledford*

#1017 : Kratom has saved me in many ways, I no longer rely on pharmaceuticals to live a normal day to day life

I've been on countless medications throughout the years for depression, anxiety, insomnia, PTSD & nothing ever was truly helping. It was just one medication after the next.. When I found kratom, it truly made a difference in my life. I'm happy, productive, no paranoia, I can sleep at night, & overall I'm changed for the better. I don't suffer any side effects from taking it either, as to where if I suddenly stopped the pharmaceutical medication I was on, I'd suffer. There are so many others out there like myself that have suffered in many ways & nothing helped until they found this miracle of an alternative. Please think about the countless people that have been saved & they're living now because of kratom! Taking this away, banning it, could be devastating to people like myself whose lives have truly been changed for the greater good. Kratom has been the only thing that's helped me, not pharmaceutical medications. Thank you for taking the time to read this. - *Lexi Blake*

#1018 : Kratom is a miracle plant which has literally saved my life and given me the ability to live my life daily

free of pain and depression with out needing to use any other medication

Before taking Kratom I relied on prescription medications to function which caused me a slew of horrific side effects restricting my ability to live a free and happy life. Now being off of these medications and taking Kratom to help with chronic pain, depression, PTSD, and Panic Disorder I live a happy and healthy life free of side effects. Kratom has never caused me any issues or negative side effects what so ever. It is a non addictive plant and I relate it to drinking a morning cup of coffee. Keep this plant safe and legal for all free Americans. - Vincent Colwell

#1019

Kratom has helped me in so many ways. Not just with pain but also depression and anxiety. - Shawn Kinch

#1020 : have been consuming Kratom for about a year now and I feel the best I have ever felt in my whole life

I am writing this little letter to inform that Kratom needs to be kept legal. Kratom is a wonderful natural plant that grows on this green earth. Kratom has saved my life dramatically!! Ever since I was born I've had horrible restless leg syndrome, anxiety, and depression. I started my smoking marijuana when I was younger to ease the pain of all of my problems. Then when I got older I got in trouble for marijuana. So I had to stop consuming marijuana because of court systems. Then

that ultimately led for me using prescription pain killers to ease me of my burdens. Before you knew it I was addicted to pain pills. I was taking pain pills for years and then one day I realized that it was doing nothing but causing more harm than good so I quit cold turkey. It was a good thought but did horrible damage for my body. My symptoms of everything started coming back. I couldn't sleep for 2 weeks due to RLS. I was withdrawling horrible. Until a friend let me try to some Kratom. As soon as I tried some Kratom all my withdrawal symptoms vanished. I was able to sleep AGAIN WHICH IN turn have me the courage and ability to go get a job to support my family. I have been consuming Kratom for about a year now and i feel the best I have ever felt in my whole life. All of my RLS problems depression and anxiety is completely gone. It's a plant keep it legal. They are legalizing marijuana all over the place and it has more psychoactive effects then Kratom does. You cannot get high off Kratom. It just helps get rid of whatever pains and problems someone has. The only reason Kratom has to fight for survival is because the FDA and big pharmaceutical companies are money hungry people. They do not care about the well being of people They would prefer people to get addicted to their drugs so they can make money off of us. The more people who are sick or have problems the more money they make. They do not want any natural remedies to be legal because they will not make money. Please keep Kratom legal. It has saved my life and many others. Thank you - *Dilen Stalion*

#1021

Kratom has helped me tremendously and I'm finally off all pharmaceutical medication for depression, anxiety and pain. It changed my life. - *Trixy Siller*

#1022

Kratom saved my life from debilitating anxiety. - *Tiffany Justis*

#1023 : I use kratom to treat my type 1 bipolar disorder and it works really well

I have tried countless pills and nothing has worked as well as kratom. Before kratom I couldn't work or do anything because the psych meds made me too messed up. Now I have a job and a completely new life because of this MEDICINE. It gave me my life back and I would hate to go back to pills. - *Heather Ely*

#1024 : I now have a stable, effective treatment for this debilitating condition

I discovered, through desperate online research, that Kratom can help Restless Legs Syndrome. I suffer from a severe case, and had reached the point in conventional treatment where daily opioid treatment was the last alternative. After doing my own research about Kratom, and finding a trustworthy vendor, I tried Kratom. That was 3 years ago. I now have a stable, effective treatment for this debilitating condition, without having to enter the frightening, highly restrictive

system of obtaining opioid prescriptions from a rare specialist who might at any time become unavailable, leaving me stranded, and dependent on opioids. Kratom, also, has fewer side effects than the opioid medication I would otherwise be prescribed. Most notably, Kratom is not sedating, and does not impair my ability to drive. On the contrary, it is slightly stimulating; like a cup of coffee, it helps me be more alert, when the RLS has robbed me of a good night's sleep. (Just slightly, though. I laughed out loud when I saw an article describing Kratom as having stimulating properties, like methamphetamine and cocaine. Let's ban Starbucks, then!) I would like the FDA to stop its irrational, senseless war on Kratom, which in the end stands to benefit only the pharmaceutical industry. Thank you. - *Roberta Richardson*

#1025 : I have been using it for almost a year, and I have never been happier. I have a full time job and I'm going to college for nursing!

I have been diagnosed with severe depression. After many years of being prescribed numerous medications and vitamins, and changing my diet nothing had been working. My depression got to the point where I could not have a job, or enjoy life with my husband and two beautiful children. My mother-in-law had been doing a ton of research to see if

should could find something to help me. And finally she told me that people have had luck with kratom. So, I decided to try it. AND IT WORKS. It makes me feel like myself again. I have been using it for almost a year, and I have never been happier. I have a full time job and I'm going to college for nursing! I cant be more thankful for kratom as it truly changed my life. - *Brandi*

#1026 : Kratom literally saved my life. After 20 years on 20 meds for constant pain & mental health issues, I was trying to kill myself as a side effect of all those meds

A friend that was detoxing off methadone introduced me to kratom & I have been off meds for over 2 1/2 years & able to work & function as a member of society & be a much better mom to my 5 kids. Without kratom I wouldn't still be here. Please keep kratom legal. - *Jessica Evans*

#1027 : What I didn't expect was just HOW WELL it worked for my mental health when nothing else, not even xanax or my medical cannabis could touch my anxiety

I found kratom at a point in my life where my pain from Ankylosing Spondylitis, Fibromyalgia, and Stenosis was coming to a head. I was, at the same time, having such severe and continuous panic attacks, daily. Because of the combination of these 2 things, my depression was at it's worst, and I was on the verge of suicide. Someone in a

Fibromyalgia group recommended I try kratom. She set me up with an online vendor that had over 2000 happy customers, and I figured out everything I needed to know about it through their site, they had a ton of information about what compound did what, and how to decide which strain to order for what ailments. It couldn't have been a more informative guide, and it was 100% right! I ordered a few small packets of different strains to try. What I didn't expect was just HOW WELL it worked for my mental health when nothing else, not even xanax or my medical cannabis could touch my anxiety. My very first dose, was a small 1 gram dose of raw green strain powder, and not only was I able to maneuver without pain, but my anxiety, that had felt like a brick on my chest for weeks, was GONE. I think it was 6 weeks of continuous anxiety attacks, and many sleepless nights, and those days, after finding and taking kratom, I was happy, able to do the things I needed to do, and sleeping like a baby. I hope you all can find it in your hearts to push off the politics, and just consider the individuals' lives who are changed for the better, both former drug addicts and chronic pain sufferers alike: some of us who can't get typical pain meds, because we are chronic pain sufferers and new regulations have made it so we have to have very specific criteria of chronic pain to get the relief we need, and others who were afflicted by drug addiction, and want something clean and safe for an alternative to stop the cravings, and fill the need for a vice. And let's face it, we ALL have vices, some worse than others, and if you had to choose between

methadone, heroin, or kratom, you'd choose kratom too. I just want the FREEDOM AND LIBERTY to give my body what it needs, and have it REGULATED, NOT controlled. Thank you for your time, I hope you will consider my plight in your decision. Sincerely - *Kyah K*

#1028 : Kratom has saved my mind and my body. I was suffering from debilitating anxiety and suicidal depression until I found Kratom

I also suffered from severe lethargy, just sleeping my life away. Kratom gave me the motivation, energy and strength to become happy and productive again. There are no side effects or withdrawals, or addiction. It is NOT a drug, it is a miracle medicinal plant that saved my life. Please don't take this away from us. - *Phoebe Vagher*

#1029 : Kratom has turned my life around and that of those who live around me

Kratom has changed and improved my life dramatically. I went from being in pain, depressed, unemployed and laying in bed all day to a functioning adult, working full time and properly taking care of myself and my family. Without kratom, I could be a burden on the welfare system and a failure to my family. Kratom has turned my life around and that of those who live around me. My husband and children deserve for me to be present and kratom has provided me

with the ability to do just that by easing my chronic pain, reducing my depression and calming the constant anxiety that was within me. - *Andrea Wells*

#1030 : Kratom has done so much for my anxiety and overall mood

I battle depression and a negative mindset constantly, and the product has done wonders in managing that and keeping me stable. I feel like I am overall happier and more balanced with less anxiety. The anxiety I do experience is much more manageable and the best part is I have found all of this without having to take prescription medication. - *Melody Austin*

#1031 : I feel more out of pain, alert & mentally stable than ever

I was on serious pain meds as well as muscle relaxers & 2 types of antidepressants for many years. Still I was miserable, in pain & becoming addicted. I knew there had to be a better way than polluting myself with all these chemicals. I researched more natural ways to combat my issues. I saw an advertisement for free samples of Kratom & decided to at least try it out. I haven't looked back since. I was able to quit taking all prescription drugs. I feel more out of pain, alert &

mentally stable than ever. Please do not take this away from the people that need it. Especially with the newest restrictions on medications, we need Kratom now more than ever. Thank you for listening to me. - *Sher Bravo*

#1032

I have really bad anxiety and depression and I don't wanna take pharmaceutical drugs because of the negative side effects they have, and kratom helps me a lot with it - *Grant Wisham*

#1033 : Having tried numerous medications for my mental illness, I can tell you nothing has ever helped as much or as consistently as kratom

My life wouldn't be the same without it. - *Nathaniel Norville*

#1034

I believe whole heartedly in kratom. It is the greatest substance to help my anxiety and adhd - *Thomas Nelson*

#1035 : When I found kratom, it relieved my anxiety

After being put in a psychiatric ward, the "doctors" forced me to take synthetic antidepressants and mood changers. I hated that they forced this on me and decided to stop taking them. However, I still needed something to calm my anxiety. When I

found kratom, it relieved my anxiety in a more healthy feeling and predictable way not to mention it took away my back pain. Making kratom illegal will only persecute a population that has done no harm on society - *Trevor Bowes*

#1036

Kratom is great for daily fatigue, body pain, and anxiety - *Jack Hines*

#1037

Kratom has help me maintain an above average work ethic at my job. While on the other hand keeping me relaxed and able to be empathic when my bipolar disorder makes me irritable. - *Houston*

#1038 : Kratom keeps me from being crippled by medical and mental ailments

It keeps me off the phone with the suicide hotline. That was my reality before kratom. - *Kathleen Schaffer*

#1039 : Kratom allows me to live my life in such a way that anxiety is not an obstacle, as it is very calming and lifts my spirits

Two years ago, my roommate introduced me to kratom as something that he took daily to help him focus on schoolwork. It was not at all what I was expecting, as I had expected something similar to Adderall. It turned out to be something very mild and calming, and since that day I have used it frequently. I have major issues with anxiety, but I have always felt such major side effects from medicines that I never wanted to start taking an anxiety medication. Kratom allows me to live my life in such a way that anxiety is not an obstacle, as it is very calming and lifts my spirits. I have kratom to thank for allowing me to pursue a social life and an academic career. - *Mark Bartos*

#1040

I have been on Kratom for my bipolar disorder and ptsd along with chronic pain and depression. Kratom helps me tolerate all mentioned - *RL*

#1041 : Kratom allows me to maintain a clear head with a focused mind at all times

I am a very hard working hourly laborer pulling anywhere from 80 to 120 hour per week. Kratom has been able to help me maintain a high energy level and maintain stamina throughout every single day! It also allows me to maintain a clear head with a focused mind at all times. As well as when it comes time to coming home it allows me to be able to

relieve the muscles and some chronic pains to allow myself to get good nights rest every night. And just for the contrary I DO NOT use of any illegal substances nor do I consume any bit of alcohol. - *Drenton Engberg*

#1042 : Long story short, Kratom has flipped my life to a joyful, energized, happy life along with managing anxiety & depression naturally

I tried Kratom when I realized the massive weight on my shoulders. Unfortunately, it wasn't pounds from lifting weights. It was from the anxiety & depression of being a married man raising two amazing daughters while commuting to & from work five days a week. Also, add paying bills while taxes continue to increase year over year. All this was so much I took a dive into Kratom. Long story short, Kratom has flipped my life to a joyful, energized, happy life along with managing anxiety & depression naturally. I'll 100 percent of the time say, Kratom saved me from the darkness I was heading. Without Kratom, I don't know where I'd be today and hope to never have to find out what that path is like. Thanks Kratom and spread the word. - *Brian Reketis*

#1043

Kratom helped me be a better father to my kids. Anxiety and depression was so bad. I started kratom and now things are much better. - *Ryan Dougherty*

#1044 : With Kratom I am off of all of the pharmaceutical medications, have a great career and a wonderful Life

I suffer from acute anxiety and depression. The pharmaceutical drugs I was given caused me not to be able to work and function in life. But without them I could not function either. With Kratom I am off of all of the pharmaceutical medications, have a great career and a wonderful Life. I truly believe Kratom saved my life. The only reason why the government wants to make Kratom illegal is because it stands to take profit from the monster that is the pharmaceutical Corporations. - *Wayne Ebanks*

#1045

I used Kratom for 10 years for anxiety. - *Christopher Bendlin*

#1046

Kratom has improved my mood and overall sense of well being. - *Erik Schollenberger*

#1047 : Everyday Kratom brings me out depression, a depression I had grown very tired of fighting

I've tried every pill the doctors have given me, nothing even comes close to the relief I get from my depression through Kratom use. When used responsibly it's very maintainable. Anything is better than going back to the dark blackness of depression. Now that I know what life is meant to be I can never go back. - *Eric Godlewski*

#1048 : Kratom helps me get the sleep I need

After I was in a car accident I had trouble sleeping and a lot of mental trauma. I have been using kratom for over 5 years since the car accident and it has helped me to live a normal life. I am thankful that I found a life saving herb that's all natural and virtually no side effects when used in a responsible way. - *Alex Z*

#1049

Kratom has given me a life free of chronic pain, anxiety and depression. Also, a life free of narcotic pain medication. - *Susan J Hemme*

***#1050 : Kratom has helped a lot with stress and anxiety,
it's also great for when insomnia kicks in and I can get
decent sleep***

Making this plant illegal doesn't make sense to me, alcohol is legal which makes no sense honestly. - *Dante*

#1051

Kratom helped me with my severe anxiety disorder. It treats my chronic back pain. - *Tonia*

#1052

Kratom has saved my life. I was on disability for severe panic disorder and thanks to kratom I am now a fully functioning and productive member of society - *Layna Mullins*

#1053 : Kratom is the only thing that helps with pain and anxiety besides alcohol or stronger opiates

Safest and most effective option available for us currently. I don't drink or need anything else besides kratom and my yearly physical and health has never been better. Kratom saves lives! - Mark Keller

#1054 : I no longer suffer from anxiety, depression and I don't have my ptsd episodes any longer

I have dealt with horrible PTSD, depression and severe anxiety. Ever since I began my kratom journey after my father committed suicide, I quit drinking and smoking and have cut back a lot on caffeine. I no longer suffer from anxiety, depression and I don't have my ptsd episodes any longer. I was given full-time at work because my performance doubled and so did my motivation. This plant has saved my life and it is far better than anything made in a lab that is destroying the lives of countless Americans. - *Talyn Kretzer*

#1055 : Without Kratom, the depression and anxiety I deal with on a daily basis would slowly cripple my life as a husband and father, as it was doing before I found Kratom

Kratom has saved my life, my relationships, everything. -
Austin Wright

#1056 : This herb has helped many of my clients finally achieve their responsibilities and goals when previously they could not due to pain, depression, and addiction

I am a mental health counselor from Louisiana. I have recently heard that the herb kratom might be banned soon. This herb has helped many of my clients finally achieve their responsibilities and goals when previously they could not due to pain, depression, and addiction. This herb is helping individuals who are in pain and have become depressed due to this chronic pain, individuals who suffer from opiate addiction, and individuals who suffer from anxiety. If this herb is banned my clients will have to resort back to pharmaceuticals which do more harm than good. The individuals who use Kratom to get off of street opiates WILL resort back to street opiates that are contaminated with fentanyl. If we do not save this herb from being banned we will inadvertently cause the death of hundreds if not thousands of Louisiana citizens. Keeping this herb legal will provide safe alternative to harmful substances. By protecting the rights of our citizens who use kratom you will be doing a great thing further reducing harm and helping us improve the mental health of our citizens. Please help us fight to keep this herb (leaf of a tree) kratom legal. - *Taylor*

#1057

I used Kratom to manage anxiety after a natural disaster -
Jacqueline J Bovell

#1058 : Prior to finding kratom, I suffered from chronic depression

I am a 39 year old daughter, sister, mother of 3 and a wife! I have been a responsible kratom consumer for 3 years now! Prior to finding kratom, I suffered from chronic depression! I was unable to work for 5 years. I would cry for days praying i could just get up and take a shower or play with my kids. I was prescribed medicine that impaired me and made me very unproductive and numb. I didn't know which one was worse, crying every day or being a zombie robot. I found a support group that introduced me to a tea that has changed my whole outlook on life. I am able to work again and be a productive member of society! A productive mother to my children! My husband and family are so thankful they have the real me in their lives! I am not impaired in any way shape or form. I am motivated and positive! I was released from my therapist and was able to discontinue further need for their medicine! I used the tools i learned in those years of therapy! I still get mad, sad or angry like most humans do. I also am able to process and feel those emotions in a healthy way! I feel we should be educating others how to utilize kratom instead of making them criminals for wanting a better life! I couldn't imagine telling my kids mommy is a criminal for consuming an all natural tea that aids in my life. My personal preference is nature not pills! - *Melissa Marshall*

#1059

Taking Kratom is better than taking 4 different meds for anxiety, depression, and pain management - *Chris*

#1060

I have been a daily kratom user for 4 years, with no ill side-effects. It helps with light pains, and hefty anxiety. Without it, I'm not sure what I'd do. It is more than just a plant - *Jason Stout*

#1061

Kratom has saved my life by curing my depression and anxiety issues. This plant is safe and sacred. - *Logoz*

#1062 : Kratom has changed my life for the better. I suffer from anxiety, depression and joint pain

I suffered daily and my quality of life was going downhill. After finding Kratom 6 years ago my life changed for the better. I take a half of a table spoon in the morning and half a table spoon late afternoon and I feel like a normal person. I have zero side effects and a clean bill of health. I am amazed at the new person I am. Life is a great adventure and I get to be a part of it because of Kratom. Thank you - *Holly Farrar*

#1063 : I use Kratom for depression and anxiety

It also helps with my migraines where other meds have not. Please do not ban Kratom. It has improved my life. Thank you. - *Charlotte Allen*

#1064 : Kratom works

I had severe depression and I had tried over 8 different antidepressants (of course, at different times). However, none of them worked. I also had social anxiety. I tried Kratom after my friend recommended it. Kratom works. I feel peaceful and nice when I am on kratom. I take a very low dose of kratom (2-3 grams) because I don't want to get high. All I want is to feel like a "normal" person. I think Kratom doesn't give me any physical side effects. Kratom was proved to treat opioid addiction. It is a plant that has been used by native Asians for centuries. - *LeNhat Quang*

#1065

I tried several different antidepressants and none helped me. Kratom is the only thing that has helped me without the horrible side effects of antidepressants. - *Katrina Raiford*

#1066

I've been put on anxiety and depression medications of all types for over 10 years. I hated the way they made me feel. I

felt fake and like a shell of who I am. I'd have to be so goofed on benzo's to enjoy a social gathering. Kratom has fixed all of that for me with 2 tablespoons a day. I also have strong back pain from farming which kratom has made almost unnoticeable. Much prefer this to synthetic opiates I've gotten prescribed. - *Tristan Schulz*

#1067

Kratom has helped my depression and anxiety majorly. - *Cory Zoner*

#1068 : *I've been using kratom for a few years now to help with my Restless Leg Syndrome (RLS)*

As RLS is a dopamine regulation issue in the body, so a small amount of kratom in the evenings has really helps me to sleep better at night by calming the RLS, and sleep is so critical for overall health. I've had no problems at all keeping my daily dose to 2 grams per day, I find its about as habit forming as caffeine. I've taken short 10 day breaks from kratom before with no ill effects, other than my RLS coming back stronger during the break. This is a medically useful plant and research should continue as it contains useful dopaminergic compounds without the respiratory depression that comes from opiates. Making this plant illegal is foolish and ill-advised, and as it is medically useful plant would not satisfy Schedule 1 requirements at all. Scheduling this plant would not only hinder important research but actually make

it less safe for all as many would continue to use to continue with receiving its health benefits, and be forced to buy it illegally on the dangerous black market. Regulation would be best for everyone. - *Trent Toler*

#1069 : I've taken kratom for over ten years. And it has dramatically improved my life in several different areas. From eliminating debilitating anxiety, to greatly helping me stay sober, and others

Kratom is a wonderful, relatively harmless plant, and should be kept legal to the millions of citizens who responsibly choose to add kratom into those lives. This attack on kratom is an appalling overreach of government, and also without any credible reason! - *Justin Lapan*

#1070

I suffer from heavy depression and anxiety, to the point that I become paralyzed and unsociable. When I take Kratom i am able to focus on what's at hand without having my thoughts drift into the never ending rabbit hole of mental illness. Whether it's working in music, playing video games or simply talking to a friend, Kratom makes me feel like myself again. - *Brendan Patel*

#1071

I started doing Kratom because I was smoking too much weed to get the relaxation I needed for my ADD and PTSD. It was a really good choice. Kratom gives me an energizing but relaxed mind set that helps me carry out my every day life like a normal person and not be so worked up about little details that would drive me crazy otherwise. I'm a carpenter and entrepreneur. - *Jacob Miller*

#1072

Kratom is plant medicine and saves lives from opioids and alcohol. I take Kratom every day and it has truly changed my life in the most wonderful way with no anxiety, no pain, and a happy mood! Keep it legal And get people off pharmaceuticals! - *Nicole Tietje*

#1073 : I started using kratom in the fall of 2018 during a time when I struggled with anxiety attacks and clinical depression

Although it didn't cure those illnesses and I still struggle with them today, Kratom did help me feel more calm in social situations and gave me an uplifting mood boost to get me through the day. I haven't gone a single day of work without some kratom because it gives me just the right amount of motivation to work my 12 hour shift. I'm so grateful I was introduced to this amazing plant. - *Jenna Peltier*

#1074

I used Kratom to come off of pain pills. It helps my with my anxiety, depression and hypersomnia, without all of the negative effects that prescribed meds have me. I'm able to maintain a job, full time, and be involved in my own life again. Over 2 years on Kratom now - *Marsha*

#1075 : Without kratom i wouldn't be the functioning member of society that I am today

Kratom has helped me transform my life. I was housebound with extremely bad anxiety. I was being medicated to the point of being a zombie. I had agoraphobia, major depressive disorder, panic disorder and horrible social anxiety that made leaving my home nearly impossible. I would go months sometimes stuck in my house because just the thought of walking out my door would trigger a panic attack. I found kratom and my life started changing. I have a job, my own place to live, I can drive a car and I am independent, something I never thought was possible for me. Without kratom i wouldn't be the functioning member of society that I am today. - Donna Miller

#1076

Kratom has helped me deal with anxiety and pain. I couldn't live without it - *Sarah Rutherford*

#1077

I discovered kratom after suffering an auto accident in March of 2016. It helped me avoid opiates during my recovery and I have continued its use long after for its mood enhancing effects. I have suffered from mild depression and social anxiety and kratom has been indispensable in dealing with these issues. - *Xavier Basabe*

#1078

I've been taking kratom for years now for my anxiety and sleep and it has made an absolute huge difference in my life!
- *Aryanna*

#1079 : Kratom helped me when I was looking for an alternative to help with depression

I was on Celexa and had horrible side effects. I tried Kratom and it took a week before I experienced the calm. I have been using for three years now. - *Steve Vega*

#1080 : I use Kratom for chronic pain, major depressive disorder, borderline personality disorder (helps with decreasing rapid mood swings), PTSD, and ADHD

I am a college student & I've found that it's significantly harder for me to focus on my classes when I haven't taken Kratom. I recently wrote a paper about how absolutely appalling it is that the data referenced by those who wish to ban Kratom is inconclusive and hasn't proved anything.

Banning it before further research can be done would be asinine and inconsiderate, to say the least. - *Blaire phoenix*

#1081 : Kratom has helped me get through my depression and ADHD for the last three years

Without kratom, I would need to resort to harmful prescription drugs, which I was addicted to for almost 10 years of my life. Kratom has given me the chance to take control of my life, without harming my health. Please don't deprive us from this natural solution! - *Chad Alame*

#1082

My restless got so bad I could not sleep, my legs jumped all night, I tried every mineral, vitamin and herb I could find, pharma drugs did not work either. I found kratom and in ten minutes my legs relaxed, I do not get high from it, I just use it to give me peace and let me sleep. If I lose the right to use it, I will not be here for long, I can't live without it. - *Toby Fisher*

#1083 : Since I started taking Kratom I have had zero panic attacks

I suffer from crippling social anxiety. Going to the grocery store was terrifying to me as I had a couple panic attacks and had to run out of the store abandoning my full cart of groceries in the middle of the store. Since I started taking Kratom I have had zero panic attacks at the store and social events are tolerable. I felt like my path was heading towards

agoraphobia as my great uncle and cousin suffer from it terribly. Kratom has saved me from my own demons. Please, please, please do not schedule 1 Kratom. I fear I'll go the way of my relatives if it does - *Ryan Frederiksen*

#1084 : I use kratom for my anxiety and depression

Especially right now with the virus I would have a really hard time without it. I've tried antidepressants, bipolar medicine and anxiety pills through counsellors and kratom works the best for me, as it doesn't make me suicidal. - *Mitchell Leard*

#1085

I have had lifelong anxiety and depression issues that I successfully manage through disciplined living and the use of kratom. - *Steve Wagner*

#1086 : Since I found kratom I have been even more stable. I can't remember the last time I had a stay in bed depressed day or hypomanic episode

I was diagnosed as bipolar II in 2000- 2001. I went through numerous medications but I would still go into deep depression. I would try to self-medicate with street drugs at different times. Once it was ecstasy, another time (multiple times) it was opiates. Then cocaine. And back to opiates. I was looking for something to help keep my feelings from being gray all the time. I would always be depressed or in a gray mood. I wasn't myself, I lost my spark. I am fairly stable

on my meds, an antidepressant and a mood stabilizer, but I would still have bad days. It affected my job, my family, my relationships. I found kratom at a local vape shop sold as tea. The first time I tried it, I was amazed. I felt good. I felt like I wasn't grey anymore. I could see color again! Since I found kratom I have been even more stable. I can't remember the last time I had a stay in bed depressed day or hypomanic episode. I have no desire to take street drugs or opiates anymore. I even cut Xanax and Adderall out of my daily meds. I am able to focus and keep my anxiety level down. I have been lucky to have been introduced to some wonderful people in the community. Kratom sees no color, no disability, it has helped so many people of different ages and demographics. I am so grateful for this plant and what it is doing for me and for others. It is not a cure all by any means, but it supplements my life in a good way. I was tired of being sad all the time. It's given me a chance to work on myself and become a better me. - Terrin Reiss

#1087 : When I found kratom, my life changed for the better because with a very small amount, my mood is lifted for hours

I struggle with depression and anxiety. I already take a prescription drug but to be honest, I still wasn't happy. When I found kratom, my life changed for the better because with a very small amount, my mood is lifted for hours. No more angry outbursts, no more depressed attitude. It is also an extreme help for stress relief. I have occasionally used it for

pain relief and for help sleeping. This is a natural herb and like marijuana, it should be legal because it is a safe and affordable alternative to pharmaceuticals which we know are addictive can take lives much easier than any natural supplement. Pharmaceuticals suck. Please keep kratom available to the people of the United States. - *Jamie Bridges*

#1088 : I use Kratom safely to manage severe anxiety and chronic pain

It is the ONLY substance that works safely, and easily for me. To ban it will cause me severe pain and suffering. I've used it safely for years. No FDA approved drug has worked for me at all. Do not take this away from me. Thank you. - *Jeff Thomas*

#1089 : Kratom has allowed me to manage my chronic pain and anxiety without the use of dangerous and addictive pharmaceuticals

If I don't need to take it that day, I can go without it and not worry about painful (opiate/opioid) or deadly (benzodiazepine) withdraws. It has allowed me to function once again while being simultaneously affordable and safe. - *Matthew Stocker*

#1090

I was introduced to kratom during chemo and I never used it then. Years later I found the package I was given and tried it out and it felt like a cup of coffee with little to no noticeable

come down like the crash of coffee. My mood was elevated and I felt like I was more focused at work and in a great mood. I wish I tried kratom during chemo because there was so many times I was too depressed to leave the house or unable to get out of bed and I feel like this would have been something that could have benefitted me. I have never had any symptoms of addiction or withdrawals to kratom no matter how frequent or infrequent I consume it. - *Philip Ring*

#1091

I had serious injuries as well as conditions such as ADHD, anxiety, and migraines. Not only has this amazing botanical help me rid myself of prescription medications but it also has helped me live a more creative as well as more fulfilling and balanced life. It isn't a drug, kratom changes lives and literally helps people. I know people who would be addicts, alcoholics, as well as depressed without the help of kratom. It isn't a cure but it is something that helps enrich lives - *Cameron Tolls*

#1092 : Kratom has helped me with pain, depression and anxiety, when medication was not able to help

Please keep it legal. - *Richard Sill*

#1093

I have heavy anxiety and weed makes it worse. I don't want to get addicted to medication and kratom has provided an

amazing way to help curb those emotions while making sure I still stay in control of my body. - Tracy

#1094

I have used Kratom for my extreme anxiety. Kratom is helpful for mild pain as well. - Karin D. Owen

#1095 : I couldn't believe how this plant changed my life for the better

Been suffering from depression all my life. For years I tried a variety of prescribed medications. Nothing worked so I began to self medicate using a variety of illegal drugs. They did nothing but masked the pain while simultaneously destroying my body. A friend asked me to try Kratom. I couldn't believe how this plant changed my life for the better. I still have a blue day here and there, but nothing like before I found Kratom. This plant literally saved my life. - Dan Victori

#1096 : Kratom is the only thing that has helped my major depressive disorder and PTSD

It's vastly improved my quality of life. Please don't take that away from people. - Elizabeth Blight

#1097 : I have been using Kratom for over 10 years for anxiety and stress relief

I prefer a natural plant over man made chemicals. - Kason Miner

#1098

I'm a chronic pain patient that had to choose between pain medication or my panic disorder medication. It's ridiculous I had to choose. I was agoraphobic for years so which would you choose? The medication that allows you to get up every morning and enjoy a life where I can be pain free to run around with 2 boys or the medication that allows you to just leave the house every morning so I can just DRIVE my boys to school!?!?! I took them for years responsibly as prescribed with absolutely no problem and no increases in my dosage. You took medication from the wrong people. And please don't say use MMJ so you, the government can get a piece of the pie because I tried that and it made me sick. Horribly sick. Nauseous, vomiting and dizziness for hours. We are patients not addicts!!! Thankfully during those days I was laid up in bed researching how to even live, I came across kratom. I jumped right in, researched and bought a few variations from vetted vendors. I was so shocked and excited it helped. It's not 100% but pretty close. Closer than with meds. But now, once again pain patients are jumping through hoops and terrified the government takes this away once again and I will fight you every step of the way. Thousands of us that use kratom will! None of us should have to fight to LIVE! Please leave the only thing left that gives me my life back. Kratom makes me the best Mom I can be with my boys.- *Emily Herrera*

***#1099 : I am a 60 year old responsible adult and Kratom
has been a God send for chronic pain, depression and
anxiety for the last five years***

I was able to stop taking antidepressants thanks to Kratom. The antidepressants that I had taken had horrible side effects and caused me to have to take several more medications to try and counteract the medical problems they were causing with my heart and blood pressure. Thanks to Kratom I was able to get off of all those prescription meds and now have zero side effects. It has been a real lifesaver for me and many many other people. I work a very physical job and have six more years to go till retirement. Kratom enables me to do my job and to do it well without pain. Kratom has given me my life back. I suspect that greed may be the demonizing force behind the witchhunt on Kratom. - *Cathy Dunne*

#1100

At age 14 I developed a sleeping problem that stayed with me a life time. I tried many over the counters remedies that made me feel terrible or did not work. I do not drink alcohol or use pot. I tried doctor prescribed Valium. I was suppose to take 3 times a day, took 1 pill and after I THROW them out. Felt like a drunk. 2007 I was told about Kratom. Been using it before sleep 4-5 nights a week since then and it works for me with no altered feeling upon waking. I know that this is a fight against companies like EmergentBioSolutions that make money on curing addicts with their drugs and they do not

like Kratom because Kratom can help cure opioid addiction. -
Dava Golino

#1101

Kratom safely manages my migraines and anxiety more than
Rx drugs. - *Christopher Carneal*

#1102 : Kratom helps with my depression and low energy

I have suffered from depression and low motivation for my whole late teen years to now. I even went through years of meth abuse and addiction. Kratom helps with my depression and low energy. It just makes me feel a lot better in whole. I don't notice a lot of pain relief like some people, but it just makes me feel altogether better. If it is made illegal then the doctors will be putting me on all their highly addictive medicine that is hard on my body, but hey at least they might make a little money!!! The system is the biggest drug dealer there is. I have seen many people's lives ruined due to addiction from all the pills the docs want to prescribe. KEEP IT LEGAL PEOPLE NEED IT!!! - *John Eichhorst*

#1103 : Kratom completely took away my depression and anxiety and cured my chronic fatigue

It has been pivotal in gaining back control of my life and excelling in my career and family life! - *Clark G.*

#1104 : Kratom has given me my life back. I was dealing with major anxiety attacks and addictions in my life up until 4 years ago

Once I started looking into kratom and the benefits I knew it would help. After many years of depression/anxiety and addictions to unhealthy things I'm now a great mom to my kids and hold down 2 jobs. I can actually breathe and not feel like I can't do anything with my life. It has literally saved me.
- Amanda H

#1105 : Over the last 7 years, kratom has been the only thing I've found that effectively controls my anxiety

I've tried all sorts of antidepressants (SSRIs and tricyclic, antihistamine type tranquilizers, etc) and none work even a little without horrible side-effects. I also became highly dependent on benzodiazepines when my doctor wanted me to try them, and I ended up in the ER with nasty withdrawals that were potentially life-threatening. For myself, and many others I know, kratom is a critical part of their daily balance, and taking it away would greatly threaten my mental stability and return me back to being unable to hold a stable job due to anxiety attacks. Please listen to our stories, push for scientific studies of kratom's myriad benefits. Thank you! -
Isaac Porietis

#1106

This harmless tree leaf is a necessary part of my daily life and keeps away suicide from depression. - *Mark*

#1107

Kratom helps me live with my anxiety. - *Jen Schoeberlein*

#1108 : My Son uses Kratom to help with anxiety, energy and to clear his head so that he is able to work

If there isn't Kratom available he will fall into the many many people being forced to self medicate with street drugs. Please keep Kratom available. - *Jodee Coleman*

#1109

Kratom helps my anxiety and depression. It's an amazing plant. - *Jennifer Polanco*

#1110

I use Kratom to sleep. I have a tough time sleeping and this stuff works like a charm to put me to sleep. - *Francesco Monico*

#1111 : Kratom has helped me for years with my anxiety, and depression

Its natural, and safe! I'd rather take an herbal supplement than man made drugs. - *Destiney*

#1112

Kratom elps me with anxiety. It works excellent. - *Jay Loftis*

#1113

Kratom is tremendously helpful for my depression. - *Jeffrey*

#1114

Kratom helps me with anxiety, sleep disorder, mood, and low energy - *Marius*

#1115

Not only has this tea powder helped me with depression, and overall wellness mentally, but it's completely natural and it's honestly changed my life quality. Please do not take it away. - *Leslie Webster*

***#1116 : Before finding Kratom I was on at least 5
different prescriptions trying to manage anxiety, PTSD,
ADD, & insomnia***

Kratom took the place of all of my prescriptions & works worlds better. It's so incredibly safe, banning it would be ridiculous. If that happens, it would be clear that the government cares more about Big Pharma than the people. - *Patricia*

***#1117 : Kratom has helped manage my anxiety
significantly***

In addition, it has served as an incredible pain reliever. A nice additional benefit I have enjoyed is the energy boost and focus it provides. - *Joe Boo*

***#1118 : Kratom has kept me from having to use
antidepressants for years now. It works so much better
than any pharmaceuticals with so much less side effects***

I also know many, many people that have used kratom to get off of pain killer opiates in just my local area that I think it would be a disservice and a disgrace to the American public for this harmless herb to be classified as a drug. - *Ryon Thompson*

#1119

I've been taking kratom for just over a month for pain, anxiety, and depression. - *Mona Ripples*

#1120

Kratom has helped me with physical pain as well as my depression and anxiety, and because of it I haven't been on medication in almost a year! - *Tessa Lazzari*

#1121

I suffer from anxiety and insomnia. I do not want to be addicted to pills, because in the past I've had an addiction to pain medication and it nearly destroyed my life! Kratom keeps me energized and I have not been sick in over three years!! Kratom is highly beneficial for so many people for so many different reasons. I truly believe if Kratom was to become illegal you will have many deaths on your hands anywhere from depression to drug overdoses! For once care about people instead of your profits from big pharma!! We are not stupid we all know what's going on! - *Jamie Rock*

#1122

I been dealing with an autoimmune disorder called Ulcerative Colitis, for years some days i feel tired as heck, but ever since i found about kratom my energy levels have improved a lot, at least I am able to last a full day at work. Construction its not very light we have heavy lifting to do, a lot of walking going up and down ladders, for me kratom has helped a lot. Without kratom what am i supposed to take? Redbull, monster drinks, and get bloody stools and pain again. No thanks. - *Andres*

#1123 : I use Kratom for depression

It helps a lot and is better than going through the side effects of classic antidepressants. - *Wavystones*

***#1124 : Kratom levels everything out enough
neurologically so that I can finally function***

I've been a kratom user for about a couple months now. I can't say enough good about this plant honestly but to keep this short I have PTSD and am also prone to major episodes of depression. Kratom levels everything out enough neurologically so that I can finally function. To have it gone would make my life a nightmare again, please help keep kratom legal. - *Mike*

#1125

Kratom helps me tremendously with chronic pain. I've had chronic pain for about 7 years now. I also deal with anxiety and fatigue from being so anxious, and Kratom helps me with that as well. It's the main reason why I haven't drank alcohol in months. If this substance got banned, these things I deal with on a daily basis would be much harder to deal with. - *Lauryn*

#1126

Kratom has helped manage my anxiety, depression, and fatigue - *Angela Kelly*

***#1127 : Kratom has proven to be very beneficial in my life
for my chronic anxiety and depression. It has helped me
where other remedies have failed***

I get physicals as recommended and my blood work has never shown any harm, I believe it is safe when used responsibly. To make this illegal when things that cause so much damage like Alcohol are legal makes no sense to me. Please keep Kratom legal for adults to purchase. - Dave Markes

#1128

Hello to those who love Mother Nature and don't use her for profiting from people as well as harming health, ethics, and spiritual belief, as well as many serious topics surrounding the legal use of these natural medicines. From mushrooms, to peyote, to medical marijuana, and all the herbs and remedies that are all around us. Free. Just to be taken away...? (all of these medicines help much better for treating addiction and many, many other ailments!) Good day to you and sorry about the havoc that the laws are bringing down sacred herbs with false claims, and first and foremost I want to tell you that I have extreme PTSD and have sought treatment and have disability, had entire life but started to seek help around 21 when I have a panic attack that landed me in the ER, and seek therapy every week so this is hard for me to write as I am very quiet and shy, but I feel I got to write this because I want to help people in Vermont just as you do sir. I am sorry

if I am wasting your time or anything, but I believe that this whole thing with Kratom is bigger than many think. I understand that there needs to be more studies done, and emailed Congress with no response about this, but at my last appointment with my primary care doctor and told her that I have used it in the past, over 15 years I have known about this plant, and she said thanks for being honest, she did not know what it even was. I have been sick and have tried nearly every Rx in the book when it comes to anxiety, sleeping, OCD, and pain, and 90% of those 'medications' messed me up or made me sick, and I believe that plants like kratom never have a chance due to the DEA and FDA regulating everything, thus making good people who would rather go natural than to take a pill where you can't even read the ingredients. Plants need more time, a chance, there is so much potential and as a Native American care deeply as I believe every plant has its own spirit, and mother nature has the best and safest medicines as long as they are not touched and extracted time after time by man, or deemed unhealthy by the FDA thus turning people away from the start thinking that plant has no potential, and makes the person who used that plant look like a criminal, and it ruins good peoples' reputations, hardworking people who give a lot to society I have seen being put down, just like when marijuana was illegal, I lost many opportunities cause I chose to be truthful, and from the start said that I used marijuana, and that stays at home, not an issue for work. It is a part of my spirituality, and belief, and will not work for people who

will judge my work potential if they are going to do so based on what is on a piece of paper. Even legal Rx's ruin lives for people as employment is harder, and many companies discriminate. I have never had anything else other than my medications that are Rx'ed to me, and marijuana come up on any urine screens at doctors every 3 months. People that have no issues with doctors and follow the rules should not have to go through all of this, and I am seeing so many people suffering, or taking 3000-4000mg of acetaminophen a day, like they say at the doctors, that that dose is safe to take. I beg to differ that amount safer than a plant that is being called an opiate based on a computer model. Point being Kratom never had a chance, sad. So far, everyone I have asked when it comes to doctors, do not have a clue as to what it is, but in short, I keep hearing time after time that its not the plant, it is about how this is being handled, and one bad egg ruining the rest of them. Even my therapist, after she looked into it said "I thought that this was a war on opiates, not plants, and that she is seeing more people turning to plants due to plants being healthier. If they want to ban Kratom, then I guess that they should take kava, blue lotus, valerian root, and 100's of other healthy herbs down as well because those may be tainted, it is just a big rabbit hole and a bad approach to curing the problem, and wanting people time and money. I am not seeing coffee banned when people OD on that, even die, yet there is not a problem because big pharma can't profit off it. Kratom, they can profit and it's what they are aiming for. Many people are going to be upset

and disappointed, when they already are as natural options grow smaller and more and more laws are being thrown down with little fact given to we the people, and insurance wont cover natural, medical marijuana itself is outrageously expensive, so many are being hurt not just by regulating and banning kratom, but plants and herbs in general. I may have anxiety and PTSD, chronic pain, but when it comes to my body and checkups, I am VERY healthy esp. for what I have done to it in the past with alcohol. Drank from age 16-24 big-time, especially when my mom passed years ago, then quit when I was 24 without AA, it was cold turkey, and never drank again; kratom helped with that I remember, back when it was fine, I never ever had any problems. Either way, legal or not, it will not stop the dark web, other bad sites popping up due to this, and kratom moving to the streets. Also, the younger generation needs more attention when it comes to giving us a chance to make decisions, as its our turn to flip the page and take over what the last generation started. Plants were in the wrong place wring time in a way, and now they are being shot down when they could, many could, be the answer, or at least a better option, than many of the drugs that are floating around now. It is unfair that they play rehab commercials that literally say that "Suboxone and Methadone are the best treatment methods with outpatient therapy..." how? Now, there is a suboxone problem (there has been for a long time but its gotten worse and I am glad I never had issues with pain drugs!), people get it and sell it to buy their drug of choice, and I have even lost a friend to that

drug. Its just hurting the people as time goes on. Also, I am seeing more and more people not caring anymore, and faith and honor and trust no longer there. I keep hearing time after time again that we have a dark future. Last week at the dentist I was chewed out for having medical marijuana. and the lady kept saying that are economy was doomed etc. and ended up having a panic attack, and got up and left. First time that has ever happened, and got home to receive an apology. I have a hard time going and get PTSD so that situation is making it harder to go back. That happened right after I told the dentist that "I was not there for a lecture, am 32, and have PTSD, please clean my teeth. This will change I am sure in the future as so many people are angry about the FDA etc. I feel bad for the GOOD vendors that have to shut down! I used mine as a part of meditation and burned it as inscents within tepee, a part of my spiritual choice, but now they want to take away something that first off I did not use as medication, was for the essence and a part of my Native American heritage, but for those who did for other reasons do not deserve it. The government just wants us to pop more pills and turn Kratom into a black market DRUG, thus hurting peoples reputation, mine was but thankfully I do not care what they think of me, never even had a parking ticket, no trouble with law, college grad, healthy, spiritual, yet I say the word Kratom its like I said a hard drug. It was never like this a few years back, and more die from Rx's, booze, cigs, you name it, and that does not matter. AND YOU KNOW WHAT, THEY CAN PUT UP SUBOXONE COMMERCIALS AND DRUG

CENTERS THAT LITERALLY SAY..."THAT DRUG COUNSELING AND OUTPATIENT SUBOXINE AND METHADONE THERAPY IS PROVEN TO WORK THE BEST..." Every time they play those commercials KIDS hear and see it every single day, and that is when it gets dangerous cause kids learn fast and absorb a lot faster, so what they see is what they do and say; when I was younger when I heard about Heroin for the first time I was freaked out and shocked -- now a days heroin is the marijuana of the opiates, and I do not think that it is fair that heroine and other HARD DRUGS to have so called 'safe' withdrawal medications that just become the new addiction, or they sell or trade the withdraw medication for more heroine. Kratom has nothing to do with this, how is Suboxine deemed safe (and is in the opiate class, just like the DEA and FDA said Kratom was, and it is not) when I have literally seen my state destroyed within the cities. I know (or knew) two people who were very addicted to JUST Suboxone, it is all over the streets, it really is. Great idea to toss Kratom into the 'grey area' so more and more are confused and end up in trouble over a darn plant. Kids used to be able to ride their bike, go around town and just be home by dinner!. Now I am 32 and I would not walk down main street as the last time I did there was a guy shooting up right near an art studio, that was last summer, pretty sad. Seems like the higher ups in politics want to make us suffer, esp those who NEED pain medication and now have to get hard copies, signatures, rude looks at the pharmacy, random pill counts and drug tests, phone calls, mix ups and issues

with the technology, you name it, it has happened to me, and I have PTSD, that is why I am saying this. The government is MAKING US SCARED TO OPEN UP, AND HAVE A TRUE RELATIONSHIP WITH THEIR DOCTOR, RATHER THEY JUST BUNCH THE ADDICTS WITH THE DISABLED AND LET US, AS WELL AS THE POOR DOCTORS, NURSES, AND STAFF THAT HAVE TO TAKE EXTRA TIME FOR THIS, SO BY THE TIME YOUR BLOOD PRESSURE IS TOOK, YOU GOT LIKE 5 MIN TO QUICKLY SAY WHAT YOU NEED TO, JUST TO GET HOME AND FORGET TO HAVE BROUGHT UP SOMETHING VERY IMPORTANT!!! Or like me, get home and feel violated and kind of like a criminal, just because I go to my doctor. This is a problem. GOOD PEOPLE are being rung through the ringer over this and it has gotten out of control; I mean out of control with how state and federal official are handling things. They seem to attack the people with true problems, are the kindest of people and have to go through loops every month just to get a medication filled, and again, that is getting worse as people are worried to even bring up pain to their doctor from fear of guilt, or worse, the doctor is told of the pain yet is stuck in a bind whether or not to Rx's an opiate. Yet addicts get help over and over and over, free this and that, just to end up addicted to something else, or sadly end back up on the street - not trying to be negative about this, but lowering self esteem is not going to do anything to change the culture within the community for the better, rather, long term it will hurt the job market as these issues grow and grow. Also, this past year I have heard people say

things like, "if wife was in pain and really needed medication that they would go to the street!" I hate to say it, but I would as well. I am on disability and help my father. If he was in pain and I could see it in the eyes heck yes I would do what I could. Please stop making more and more great and insightful people have to go to a shady main street pharmacy! Cause I believe, I am saying what many people WANT TO SAY, so I am saying it. Leave mother nature alone, and let us be human, not animals told what to do making us feel like we do not have control of our lives, when in reality, nothing has really changed. Its just very public now and media is taking advantage of it all. Very unfair and sad to see VT as one of the first few states to ban Kratom. Okay then. Banning the plant is fine with me as I am happy I do not have addictions or use kratom in that manner, anymore, yet feel bad for others who may be benefiting from kratom and worry of the future as people are already getting upset. I believe that banning the plant altogether will send a sonic boom of rage from citizens of all classes, race, age etc.!!! More and more people are seeing it (including a drug and alcohol counselor who said the same) as it should be, we the people are being bullied by the DEA and FDA, them those people should spend some time in the forest, maybe try some herbal medications, try Kratom!!! And it is funny it is high in fiber thus helping with IBS. Many have told me and yes, in the past I have used it for that. Knowledge is key and banning this plant will not change anything for the better. That should be held for the people who have run into issues with the law,

are addicts, recovering, or broke the contract that you have with your doctor, if the doctor thinks you are taking more than your suppose to or whatever. Geez, if your dose of a pain medication has never changed (yes mine) in the past two and a half years, have gone thru Physical Therapy and they did what they could do for a half year, I have tried OTC medications, go to my appointments every three months, always a perfect check up and yeah, that is a hell of a lot of money down the drain, and time!!! Money and time that could have been used to get to know your heath care professional - which is the key to a healthy appointment as well as acquitted time to talk about concerns and issues, not feel rushed and treated like drug addicts. I am an introvert so it takes a lot for me to say this - I don't want to have a bad name or start anything -- if anything I am just trying to help and am writing what I hear and see, and I observe a lot as an introvert. Like my Grammy Leatha Brown, of Starksboro Vt (used to own a 400 acre farm), used to always say, "walk quietly and keep eyes open and mouth shut, but carry a big stick if you need it!" and she is correct. But, they the people have went too far once again and people are waking up realizing that this is not right, and has not been for a long, long time. To fix something, you got to alter the culture of the community and its people so that these issues can be openly talked about. Not tid-bits of news and things you do not know are true or not -- that turns us against each other, our families, anger is out of control everywhere, cities getting trashed, and only going backwards! That upsets me. That is

not a government that 'has time for us', it is one for them, the elite, and it is time that changes and more people stand up to that 1%. It does not take that many people to make a HUGE difference, problem is people are scared of their own homeland, the government, and lets put it this way - people literally do not care and take anything seriously anymore; I take that back, iPhones, people take those seriously as one little wrong text can make someone snap, or it breaks, or battery dies - then they are lost, most people are anyway. Whatever happens, I am looking into a bright future where herbs and personal spirituality is not tarnished by calling Kratom an opiate, that is big brother for us and like me more and more people have stopped paying attention to the news as it is so negative, and much of politics just runs like a soap opera, that is why I stay out of it and am 'neutral' when it comes to what I believe, but it is sad when you hear our own government being slammed by our own people. It really is. That is why I am writing this, to make more people aware that more people are giving up, and I love VT and New England, we can make a change if enough people paid attention to 'little' issues like kratom, when in reality banning kratom in my opinion, is the start of 'the war on mother nature'. The FDA says that black liquorish root is unhealthy and has no uses (many plants in the USA say that when in other countries they are an Rx!), when it does and have used for tooth pain my whole life, no issues. Turmeric with black pepper activates the pain killing effects of the turmeric, alone your body only gets a little, pepper binds them better so it

works well. Many people including my doctor did not know that. We need more knowledge on plants, education, and give people the choice, rather than taking medications away and dropping natural healing for one reason or another. I am sorry as I am sure it is hurting businesses and taking much of your time up, but would like this to be shared as much as you can Mr. Sanders. It WILL become legal again in ALL states like it should be and think that that in time they will realize that was a bad choice. I know that you can't change this, but I have always looked up to you as a strong leader, and know you have a big heart. Sharing this will help, even if my name gets out there I am fine with that, even though I have anxiety and don't want people to think I am for drugs (and I am not at all), which is the point I am making, kratom used to be a tea, a plant, and not its a drug and no one knows what to believe to they hear one bad thing about it and quickly follow the negatives. 99 good things and 1 bad memory, and that 1 bad thing is going to stick out, not the 99 good's, that is how people take things these days and with the news no one knows who is truthful anymore, thus having less knowledge, and over time giving up on caring because they feel like they have no voice. That can easily change here. They know that it is safe. Just like the battle with Marijuana! Make a ton of money and lock people up year after year, then make it medically okay yet limitations that cause more confusion, then they legalize it after they have sucked all of the money and health and stress out of us. Wrong move big time here, and again I am sorry about the troubles you I am sure have

had, and wish you the best of success. I wrote this cause it is going out to congress and am saying something :) Sticking up for WE THE PEOPLE OF VERMONT!!!!!!!!!!!!!! I thank you in taking the time to read and share if you want. This is not about me, its not just about kratom, its about the people and plants as a whole -- the Earth, and how it is being treated is affecting the way people treat each other. This is impacting so many families. Could be simple solutions if more people read this, think outside the box, any age but younger more and people with plans that are innovative, and people in politics and any profession, especially doctors, who believe that the direction we are heading is not the greatest, and know that we have been stuck going no where for a long time. That its time to try something simple and totally different. Thank you sir, have a nice day and keep warm! Kind regards, peace love and harmony to all! Sincerely, - Ryan Merrill

#1129

Kratom helped pull me out of depression, as well as overcome previous addictions. - Hayden

#1130 : I have been using kratom everyday for over 2 years now for anxiety and depression

It works better for me than any anti-depression medication that I've ever tried which has been numerous over the last 30 years. Please help keep kratom legal! Sincerely - Lewis Walker

#1131 : I have used Kratom for over 10 years for anxiety

It works so much better than the man made chemicals the doctors try to prescribe. It is a natural plant and shouldn't be labeled as a drug! - William Miner

#1132

I use Kratom almost everyday for pain and anxiety. - Kevin Yochum

#1133 : I use Kratom in replacement of anxiety medicine

There is absolutely no reason to make this illegal when the side effects are so much more minor than alcohol! - Lisa Cosson

#1134 : I am able to go to school and work full time and now rarely experience the bad days when I couldn't bring myself to get out of bed

Kratom has helped me live my life to the fullest. Not only has it worked for my body pain better than any over the counter pill, it has helped me immensely with my anxiety and depression. Because of kratom, I was able to go back to school and am seeking a teaching degree. If I didn't have kratom, I never would have had the courage to go back. My anxiety and depression caused me to believe I wasn't good enough and couldn't make it through college. Then I found kratom, and it changed my outlook on life. I am able to go to school and work full time and now rarely experience the bad

days when I couldn't bring myself to get out of bed. I cannot imagine what my life would be like without kratom. I love that there is a safe, legal, healthy way for my body and my brain to function in a way that allows me to be part of society. Please, please, keep kratom legal. So many people rely on it to just be OK. Without it, many of us would have probably turned to illegal substances and ruined our own lives. Do the right thing. Keep kratom legal. - *Becky Josephson*

#1135

I started taking Kratom due to work related pain issues and it helped so much, without masking the pain so much that I injured myself further. Little did I know, it also helped with anxiety and depression, which kratom nearly alleviates. It has given me a new lease on life. In a free country, we should be able to take care of ourselves naturally if we see fit. The big pharma nanny state and lobbyists that influence your actions have no merit. It will not stand for long. The people run this country. We've trusted you to speak for us. Don't let us down. - *Jason W.*

#1136 : I have been taking daily for two years now and am healthier both mentally and physically than I have ever been and live life again

Three years ago had a severe heat stroke at work "I do hvac and in the summer attics are known to get up to 160 F" it landed me in the hospital for a extended period and caused

permanent brain damage. The worst part of it is for whatever reason this caused severe panic attacks and a major and crippling anxiety disorder. I was put on benzos and antidepressants for this and truly wanted to die. The meds given to me dulled my entire life and my wife and kids suffered from it as I was mentally not there. It felt as if the meds suppressed my entire life. My wife has been battling a major infection and open wound for 7 years now with crps in her leg but I'll let her tell her story. Anyway we were looking for pain relief for her and my self as I have 3 ruptured disk in my back from a separate accident and found a story on kratom and my local gas station just started carrying it so we tried it. For one we were both pain free in minutes which is something that NO pain med not even oxy or morphine has ever done for either of us but especially my wife. Even better I felt ok for the first time in a year! I had panic attacks and terrors and major crippling anxiety for that whole last year and never saw an end in sight. I couldn't work or be the dad I wanted to be or the husband I wanted to be and no meds or therapy could ever even give me a day of relief. Now all the sudden I take this plant and its gone and I mean gone! I have been taking daily for two years now and am healthier both mentally and physically than I have ever been and live life again. It is truly disgusting that my government would rather me live in constant darkness so they can profit off a chemical substance that doesn't even help and make a plant that has saved millions illegal. I beg you for the sake of my and millions of American families leave this amazing plant alone

as its not hurting anyone and truly saving so many. This plant is nothing close to the danger of the opioids you are handing out and creating a mass epidemic killing so many Americans and thats what you will do if you ban kratom is kill Americans and destroy families. - Joshua Roenfeldt

#1137 : For me kratom gave me the ability to be the person that I always should have been and that is a very good thing

For decades I had struggled with a seemingly impossible to handle level of depression and anxiety. I had gone to numerous doctors over the years to try and find combinations of medicines to control it, to give me an ability to live a somewhat normal life. Nothing worked and quite often the side effects made things much worse than the original conditions the pills were supposed to treat. After awhile I irresponsibly consumed alcohol as a way to numb the misery I felt (which of course created further problems). Then one day I saw a product in a store that I hadn't seen before. I didn't know what it was so I went home and researched it. It was called Kratom and I decided to try it. What it did, I found it to gently alleviate both my anxiety and depression all without making me feel altered, without making me feel like someone else, and without making me feel intoxicated. It enabled me to stop drinking alcohol, to go to work everyday (Ive received 2 pay raises since) and it enabled me to be the father my son deserved. For me kratom gave me the ability to

be the person that I always should have been and that is a very good thing. - Gary Perchikoff

#1138

Kratom has saved my life. It is a natural antidepressant. Sugar is worse than kratom. - Sean Nagal

#1139 : The year and a half since starting kratom has been the most stable my mood has been since I was 14 and entering puberty (I'm now 36)

Kratom saves your sanity. In January 2019, I was once again in the grips of a rapid cycling mood instability. Think crying followed by elation followed by crying followed by anger followed by crying all within a thirty minute timeframe multiple times a day. It's maddening. I had finished up a year of nursing my daughter and the hormones from that were bottoming out. I have been there before so I knew that's what was causing my rapid shifts. I have what can best be categorized as borderline personality disorder with premenstrual exacerbation. It's fun let me tell you. I reached out to a psychiatrist in a desperate attempt to stop the suffering. BPD is a personality disorder. Personality disorders are longstanding and not alleviated with psychiatric meds. Meds can be useful in reduction of symptoms. In my case I have never had any success with medications and the side effects are intolerable. I was sent home on Effexor which after two days I started experiencing inner restlessness that

was creeping into the territory of agitation. I trashed the meds. Defeated once again with no relief in sight. It's awful to be responsible for two young children when your losing your mind. It's heartbreaking for all involved. Sleep is your only escape. Long story short, I ran across a kratom user in one of my online support groups that was singing the praises of the plant. I reached out to her and she pointed me into the direction of a trusted vendor. I have used the plant for 1.5 years. I responsibly take the same amount of kratom three times a day, everyday. The year and a half since starting kratom has been the most stable my mood has been since I was 14 and entering puberty (I'm now 36). Please don't take this from me. I have come so far. I do not want to go back to my mental prison. My children need me. - AK

#1140 : Upon finding kratom it has helped me get back out there and work and live a normal life,

I've been suffering from chronic anxiety and depression for well over a decade and then chronic pain since I've done extreme sports for over 20 years. The anxiety/depression kept me from being a functioning member of society since none of the meds would work that the drs would give me. Upon finding kratom it has helped me get back out there and work and live a normal life, well normal for me again. The bonus is I never had to go see a dr about pain med treatments for my back and knee. Not to mention it sobered me up from alcohol as well as I was an alcoholic for 15 years or so. This leaf has truly turned my life around and I would

hate to see it go away and I know that's how millions of other Americans feel. - CS

#1141 : Kratom helps me to deal with my depression and anxiety

It also helped me to get clean 3 years ago. I no longer use narcotics and I also do not use prescription depression or anxiety medications. It saved my life. - Hunter Cochran

#1142 : I would say that within a few weeks of taking Kratom a lot of my depression started to fade, my anxiety was almost nonexistent, it was amazing

A few years ago I was diagnosed with severe depression and anxiety disorder, my doctor started me on different types of antidepressants and none of them worked, after a few years of trial and error I started having seizures. My doctors couldn't tell exactly why I started having seizures, but they decided to take me off all my depression and anxiety medicine. Within a week my seizures stopped, I was happy and of course saddened at the same time. I knew the depression would come back and that my life would never be the same. It eventually got so bad that I began to contemplate suicide, it was really the lowest point in my life. I had been part of an online support group for people with depression and anxiety and a member mentioned this herbal supplement called Kratom. Not having much to lose I decided to try it. I would say that within a few weeks of taking

Kratom a lot of my depression started to fade, my anxiety was almost nonexistent, it was amazing, I had forgotten what it was like to live without depression, I couldn't believe that an herb, a plant, something that was non medicinal could make my life, my world so much better! It's been five years since I started taking Kratom, I'm doing great at work, I finished my bachelor's degree, I've purchased my own house, all things that I would not have been able to do under the cloud of depression. The thoughts of harming myself are gone, I can't even imagine thinking like that anymore but, all that is about to change, and I'm very frightened and confused. I recently learned that the Ohio is planning on making Kratom illegal. If Massachusetts follows Ohio, I could go to jail for taking an herb that has been a God send to me. Please help me, help the many people like me that have found a way to cope with the disorders that impact our lives negatively. Please don't let this happen without real and extensive proof that Kratom is harming people, I urge you to stand by my side, because without your help I shudder to think what my life will become. Thank you for taking the time to read this. - Joe Anderson

#1143 : I tried Kratom and the RLS stopped. For the first time in literally years I had a complete 8 hours of uninterrupted sleep

I have severe RLS. I first heard about Kratom on FB. After years of trying every RLS medication and over the counter creams and ointments I decided to try Kratom although I was

a bit hesitant. I tried it and the RLS stopped. For the first time in literally years I had a complete 8 hours of uninterrupted sleep. I has been a life saver for me. - Sharon Winslow

#1144 : Kratom is the best thing that has ever happened to me in my entire life

I am a professional, and kratom has been an eye opener for treating my anxiety and depression. - Michael Bianco

#1145

Don't use Kratom anymore, but when I did it worked well for relieving my anxiety and depression. - Peter Choi

#1146 : If I did not have legal access to Kratom, I would have to be taking prescription meds such as Xanax which has side effects and can be dangerous

The natural herb Kratom relaxes me and cures my anxiety so that i can live a normal med free life. By making Kratom illegal, you would be ruining so many lives. People will still use this God given plant to heal themselves but will then be charged with illegal activity just to cure their anxiety. By making it illegal will not stop people from using it, just cause more arrests and drug charges for people in turn flooding our prison systems. How can weed/pot be legal but Kratom can't be legal? Please save lives and KEEP KRATOM LEGAL!!!! - Joy Robinson

#1147

Kratom helps with chronic anxiety and pain. - T A

#1148

Kratom has helped me in so many ways, it helps me manage my pain which has gotten me off prescription medication. It's also helps with my anxiety which helps me live a normal life and not an anxiety filled world. Please keep Kratom legal, it helps so many. - *Bill Willis*

#1149 : *When I found kratom it gave me relief from all my ailments*

Having suffered from pain, depression and anxiety most of my life, I have tried numerous medications with all bad side effects. I was to the point I wouldn't leave my bed much less my house. When I found kratom it gave me relief from all my ailments. It didn't cure but made them more tolerable without all the side effects. Its important I have access to this wonderful plant so I can be a successful mother. - *Andrea*

#1150 : *Kratom is a wonderful help with osteoarthritis pain and also for relief of anxiety, for me*

I do not have insurance, but I don't have to take drugs for pain or anxiety. Even if I had insurance, I would much rather not have to take opioids and anti-anxiety medication and suffer all their side effects. Kratom allows me to live a better life. - *Joan Bright*

#1151

Kratom saved me from crippling anxiety and depression. -
Tony Wohlfeil

**#1152 : *This plant has been a major key in helping me
cope with depression and it has saved me from killing
myself multiple times***

Kratom helps me find contentment and love in a world that I
feel like I'm surrounded by evil. This plant has been a major
key in helping me cope with depression and it has saved me
from killing myself multiple times. I'm praying extremely
hard to the universe that this plant stays legal or my life will
be in danger. - *August*

#1153

My partner uses kratom to help with his anxiety. - Christos
Nicolas

#1154 : *Kratom keeps me sane*

From dealing with my pain to keeping my anxiety in check,
Kratom keeps me from taking pharmaceutical meds. So
happy. - *Donna Kak*

#1155

I have been suffering from restless leg syndrome where I am
unable to sleep for more than a few minutes at a time. The

only medications that helped were opiates which I do not want to take. Kratom provides the relief I need to be able to get good sleep for a few hours at a time. Kratom has been a life saver for me. - *James Brooks*

#1156

I just recently started using kratom and it relieves my adhd. - *Carnite*

#1157 : For years I have suffered extreme anxiety and depression along with daily panic attacks. Kratom is the only way to help me relax enough to focus on my daily work for my day job and keep me employed

No, I do not feel "high" like what marijuana feels like which I personally do not care for as, for me, actually makes me nauseous and dizzy where Kratom helps me feel like myself. My CBC has come back on numerous times normal ranges. I have taken Kratom for years and it's helped me greatly. Without it, I wouldn't be able to get out of bed or face work and I would apply and probably be approved for full government disability. Thank you, Regards, James
Christopher Hill

#1158 : Kratom has changed my life in helping with social anxiety and depression

I've never experienced any negative side effects or addiction issues. It's simply a wonderful plant that offers amazing benefits. - *Johny Guyo*



CHAPTER 9: REAL-LIFE STORIES ABOUT HOW KRATOM HAS BENEFITED & SAVED THE LIVES OF AMERICAN MILITARY VETERANS



This 5th chapter of real-life Kratom stories focuses on how Kratom has helped American military veterans to overcome chronic pain, drug addiction, and mental health issues. This chapter highlights how Kratom is a lifesaving resource for our nation's Veterans, and therefore it would be incredibly wrong to ban Kratom and deprive Veterans of this miraculous plant.



***#1159 : I was serving in the United States Army and had
gotten some bad news. I was diagnosed with Crohn's
Disease***

Crohn's disease isn't something that you get kicked out of the army for, it's the medication that does it. I was medically retired because I was on Humira and it left me non deployable because I can catch any disease while deployed. Humira had me sick almost once every week. Life was miserable on this medication. Finally, one day I couldn't take it anymore and decided to stop taking it. After 2 years of constant pain and flare ups my girlfriend introduced me to Kratom. Instantly I was already doing 80% better in the first week of using it. Not only did it help with my Crohn's disease it had changed me. I was always battling anxiety and depression because of my disease. With kratom I became a whole new person. I wouldn't need to stay home all the time because I was afraid of not being able to find a bathroom when I needed to. I was active again and even started breaking out of my shell. Kratom saved my life from my own hands. I only wish I had this available in the Army because I loved my job in it. - *Derick Lake*

***#1160 : Kratom saved my life, I'm a veteran and live with
chronic pain and anxiety***

I take no medications and kratom has made my life better. I got my life back from 5 years on opioids, my life has real meaning. - *Jennifer*

#1161

I am a 36 yr old wife and mother of 2. I am a California resident but reside in Texas due to the military. I have been using kratom now for 1 year and my quality of life has changed dramatically for the better. I suffer from degenerative disc disease, arthritis, and a number of other ailments. I had my first spinal surgery in 2013 and am in the process of having a second surgery. I was prescribed narcotic medication off and on for 5 years. I got off of them due to me not being able to properly care for my children because they made me feel "high." My husband is active duty military so I am often times a single mother and cannot afford to be addicted or high because of it. I also cannot use other medicine such as Marijuana due to the military presence in my family. I began drinking in the evenings when my husband was home just to find some sort of pain relief. I fell into this vicious cycle off and on for 8 years! I also have had many suicide attempts because of depression and my debilitating pain. I have been in 9 different mental hospitals in a span of 8 years! All of this changed when I found kratom! With kratom I am able to take it on my bad pain days. I wake up in the morning barely able to get out of bed. My husband will bring me some kratom tea and I am able to get up and move around within 30 minutes after drinking it! I do not feel "high" off of it or notice any other type of impairment due to using kratom. I am able to go without it certain days with no ill effects. This plant has saved my life!

This plant has given my family back their mother and wife! Without this plant, I don't believe I would be here today! My pain is gone and my depression/anxiety become non existent all because of this plant!!! Please do not take this plant away from us!! We are hard working people and our health and happiness should matter to you! - *Tamara Perez*

#1162 : I am a Vietnam Veteran and found that all the opioids and other pill formed drugs that the government prescribed me has been the worst part of my life

Kratom is part of my daily life. I feel there is nothing wrong with nature grown. Tea, coffee and Kratom is far better than the pharma company's drugs. - *Roderick Warner*

#1163

One vet told me recently that he learned about Kratom from his military doctor. Many who are on active duty find the typical pharmaceutical remedies they know are being commonly prescribed are not conducive to remaining a "lean, mean, fighting machine". Then, too, there is the stigma of being treated for a psychiatric disorder while working among others who are depending on your quick reactions and smart judgement for their own lives. It is obvious to anyone who follows the news that the cocktail of drugs offered to our many vets who are suffering from PTSD, depression, pain, and anxiety, are not doing the job. Suicide among vets is a red flag that lets us know this -- as well as many of our own

experiences with antidepressants, opioids, and benzos. Kratom use among combat veterans may be more widespread than we know. We can only hope so, knowing how it can allow us -- in civilian life -- to see our problems in perspective while giving us the energy and optimism to take them on constructively. It would seem that Kratom could be very useful in dealing with PTSD. Common sense tells us that veterans are a very important group, politically speaking. They are wellorganized. Congress is sympathetic to their needs and wants (and owes them a big favor to make up for the shoddy treatment veterans have received in bureaucratic SNAFUs at the VA Hospitals). My point is that, the more military veterans who are finding irreplaceable relief from Kratom who ask their representatives that Kratom be kept legal, the better our position. One U.S. Senator who speaks powerfully for the needs of returning veterans is Senator John Walsh, a Democrat from Montana. Sen. Walsh is, himself, a veteran of the Irag war. Letters to him, especially from his constituents and veterans from Montana, would be very helpful. We, who love Kratom and want to keep it legal, have a long fight ahead of us. We need all the friends we can get on our side, especially "friends in high places" such as doctors, professors, and members of Congress. What if we don't know any of those friends in high places? Make a new friend for Kratom any chance you get. You never know who that person might know. Collectively, your efforts and mine, are what may save Kratom. - *Jeff Walker*

#1164 : For over 8 years I was prescribed almost every opioid the Army and private physicians could think of. I will admit that I was addicted and I could feel the toll it was taking on my body

I still take low dose opioids from time to time when my injuries from Iraq become a bit unbearable. For the most part, though, I take kratom with some very minimal, non-threatening side effects unlike opioids that nearly wrecked my kidneys and turned me into a lethargic, sleepy, unmotivated zombie. With opioids, I was losing my life, with Kratom, I regained it. - James E Hilyard Jr

#1165 : Kratom saves my life. I was a veteran of 13 years with back pain and arthritis in just about every joint in my body

I was prescribed over 400 pain pills a month and I would sleep, wake up take my meds and it would knock me out again. It seemed like my life was wasted. All I did was sleep, eat and take my pain meds. It destroyed my life. I finally got fed up with it and researched herbal safe alternatives and found kratom. This was back in 2010. Since then I'm back to work off the 400 pain meds a month and I can actually have a functional life. I thank God everyday for kratom. - Kennedy Brooks

#1166 : I'm a combat veteran suffering with long term chronic nerve pain. For over 25 years I suffered quietly not

receiving any viable solutions from both VA and private doctors

Many times I fantasized having the ability to safely take narcotic drugs legally or otherwise. After discovering Kratom I realized how effective it relieves pain with less impairment than narcotic drugs. I've had no adverse issues with long term use. I do not have withdrawal symptoms when choosing not to take it. I feel Kratom is a safe pain management solution when used responsibly. - *Daren Potteiger*

#1167 : I suffer from chronic pain and anxiety from time deployed to Afghanistan. Kratom reduces my anxiety and adds to my daily supplement program as a multimodal form of pain management

I have never experienced ANY ill effects, even after daily use for over 5 years. Labwork has been perfectly normal each time. Stories of Kratom seriously harming or killing people are simply false. All the cases of these stories do not account for the thousands of other substances people take (to include legal ones like Benadryl!) as well as plain stupidity. The argument has been used thousands of times, yet it falls on deaf ears. Alcohol regularly kills people every single day, yet no one is out there trying to ban it. A "drug" that literally kills brain cells, damages the liver, raises blood pressure, reduces the immune system (speaking about alcohol) is still available to everyone over 21. This is not conjecture, plenty of peer reviewed evidence. Kratom on the other hand has NO direct

causation of ill effects. Correlation does not equal causation. If kratom is scheduled, people will just find another "alternative". And possibly that alternative will cause more harm. There is absolutely no reason to go about banning an herbal substance. There are thousands of military veterans with the same story with regard to kratom. Not hard to find. -
Jamison

#1168 : My husband is 65 and spent 16 years in the military. He works as a mechanic now and both his rotator cups have gone out on him

I have never seen him express daily pain in the 37 years together but I sure have over this to the point of tears. He wont take pills over the counter, and especially prescribed. I finally got him to try the Kratom and that has been the best thing ever! It doesn't make him loopy like some stuff can do and it doesn't hit hard and take away pain. It is an over time gradual process that keeps him working. He takes two teaspoons in the morning and if he has a real hard day he might take two more in the afternoon. Kratom is a wonderful help to many people for many different reasons, and is much better than any drugs you can get at a pharmacy and worse yet off the streets. - *DeAnna Price*

#1169 : I was hurt badly serving in the army

I've been fighting and fighting to preserve myself, my rights and the rights of others. I've been through the VA system,

which is still a disgrace. I've been dosed up and pumped up with all sorts of drugs, but nothing has been more freeing and positive the way Kratom has been for my life and returning to a healthy lifestyle. I've been a daily-doser of the same dose for 3 years now, and I continue to do with with no other medications in my system. In therapeutic quantities to just alleviate pains, it is well worth it in my case and with many others. I periodically have my blood work reviewed, as a person that is conscious to the benefit of keep great blood work updated. I've checked out in normal ranges for over 40 listed components. I am willing to supply this data to anyone. In 2016, I had lightly used Kratom for its benefits and had realized how much of a cover-all it was for my neurological and mental capacities. It was under threat then, too. So, feeling as though I had been marginalized to be some criminal and feeling wronged for wanting relief. I had written to my congressman, Ted Poe (at the time), and his office ensured me they would do everything to stop the DEA from criminalizing millions of innocent people, many of which are veterans. I have fought government my entire life and I'm no stranger to its contrived inequities and imposed falsehoods against myself, my family and my friends. I believe that it can do better, as I'm hopeful that one day it will truly represent the free and thoughtful nature that truly does make up the rudiments of humankind. As a conservative, I believe it's just an atrocity to believe someone in a conflicted-interest or self-warranting capacity could possibly know better than myself on whether or not Kratom is sufficiently safe for me and

society. Either way, I recognize that despite legality, my choice is my own, and I continue to view it that way. I will not let the ignorance of others stop me from doing right for me, my livelihood, my peace and my community. The most noble thing these agencies could ever do is doing less. Period. Kratom is no enemy. Ill will, lack of discipline and punitive propensities have often been the enemy... hypocrisy, as it often takes shape. Thank you. - Nate

#1170 : I am a United States veteran that has chronic back pain from injuries, along with PTSD, anxiety, panic attacks, and outbursts of anger

I will not get sucked back into being addicted to pills again. Kratom was and still is my saving grace and has let me be the family man my family needs. I can function daily and not be a couch potato. - Tyler Littler

#1171

I use Kratom every day for back pain and chronic Post Traumatic Stress Disorder. I'm a Vietnam War Veteran who Is wheel chair bound. I have no feet, caused by service in Vietnam - Lecil Ray McGlocklin

#1172 : I'm a 64 year old veteran, and use kratom to relieve pain in my joints

The doctors put me on pain medication, but the kratom helps more. Please don't outlaw Kratom, It's hard to go through life in pain - *Russell R Ridlon*

#1173 : A tour of combat duty in OIF left me with more than my share of aches and pains, both physically and mentally

Consequently, I turned to alcohol to quell the torment and anguish I felt regularly, in an attempt to extinguish the pain. I endured another setback after breaking my talus bone and having my ankle rebuilt with plates and screws. I begin taking pain pills regularly that were prescribed to me by my operating surgeon, and they initially were very helpful. However, after taking them on a regular basis, I noticed I was physically addicted to them, but I also needed them to enjoy a stable quality of life. I work with my hands and am on my feet all day, and some days my body just won't cooperate, and I am physically unable to move. I eventually quit taking the opioid painkillers on my own, but was still drinking heavily. A chance encounter with kratom allowed me to experiment with the botanical herb I had heard so much about. I ingested a small dose, and the relief I felt was palpable in my body, mind, and spirit. About a year ago I decided to buy some of my own, and noticed my urges to drink alcohol were gone; I had already overhauled my diet, and was attempting to exercise regularly, given my physical limitations in my foot. But this miracle herb allowed me to function at a very high level in every area of my life, without any intoxicating effects.

As a result, I have become the very best version of myself I have ever been, the person I was always meant to be. My quality of life has vastly improved, and I am so thankful and grateful for the opportunity to evolve into the person I am today. Without kratom, I do not know where I'd be. I am sure my story is akin to many others out there, but I feel compelled to tell mine to protect this benevolent and wondrous plant that I owe my life to. Kratom saved me. - *Jon Palmarez*

#1174 : I am a disabled veteran with permanent nerve damage to my lower spine.

The VA I go to refuses to treat my pain with any pain killers even though other treatments and surgery has failed to relieve excruciating pain in my lower back and down into both my legs. I had to find an alternate treatment so I could function through the pain. I turned to Kratom and have been using it for several years now every day to treat my pain with satisfactory results, with no addiction, no side effects, and no dangerous symptoms from using this God send of a plant. If kratom is made illegal, I will be condemned to live out the rest of my life in unimaginable pain and agony that makes it difficult to sleep or function normally. Please do not illegalize this perfectly safe, healthy, and effective plant for people like myself. To illegalize it, would be cruel and unnecessary. - *Brock Mitchell*

***#1175 : My husband damaged his spine while in the US
Navy and has had ongoing issues without relief***

He's had surgery, back shots, physical therapy, TENS treatment with no relief or lasting effects. In-fact after his surgery he has been in more pain than ever before. The VA doctor who treats my husband knows he is in severe pain all the time, but yet refuses to prescribe anything stronger than an arthritis pain pill that has no effect on my husband's back or legs. Due to this my husband was introduced to Kratom, which turned out to help immensely to relieve his pain to help him sleep and function. He's been taking Kratom for a few years now with not one single dangerous side effect. It does not make him "high", and has had no negative effect on his body's motor skills. He has never had chest pains or breathing problems with it and it has proven to be non addictive and perfectly safe. To make Kratom illegal would be down right irresponsible and foolish. Would you deny my husband quality of life he never would have had if left to the VA and pharmaceutical companies? The FDA has proven down right dishonest on its reports concerning Kratom and it infuriates me to think they could cause my husband to lose the one treatment that works for his permanent pain, unless they can magically replace his spine, didn't think so. Keep it legal, this is not a street drug nor is it a narcotic. It just simply relieves the pain without negative side effects like the pharmaceutical garbage that creates addiction and can kill. Kratom Saves Lives, Literally - *Christina*

#1176 : After multiple back injuries with the USMC I have been left using Lortab/Norco to control the pain. Since I was introduced to kratom I have not filled one script for narcotics

The fantastic part is the lack of A.M.S. that comes with use unlike narcotics. No euphoria, dizziness or extreme tiredness. I was a US Navy Corpsman for 14 years and paramedic for 23 years. With that background I can assert this is a fantastic alternative. Anything can be misused/abused. Look at alcohol. I don't understand this push by the FDA when Congress is pushing so hard to end dependance on opioids. I mean decreasing opioid use is SO important that they are limiting the amount given to terminal cancer patients. Why do they now want to stop us from using something that legitimately keeps us from using opioids? - *Steve Shiffer*

#1177 : I'm a 64 year old disabled Veteran and I spent 20 years on opiates and other meds. Kratom helped me get off opiates and live a more quality life.

I've used it for 3.5 years and it has helped lessen the pain and a side effect of a better family dynamic. VETERANS and anyone can be helped with a much less dangerous natural herb. FDA attempts to ban this drug only helps the pharmaceutical industry and not US. Get big Pharma and those who benefit by banning KRATOM out of the decision

making process. FDA needs to hear the people who are helped and not ignore the tremendous value the herb can provide. I don't want a big pharma version of this product and all the side effects it will have. - *John Bell*

#1178

I'm a United States combat veteran. I prefer Kratom before all the meds that the VA pushes on me - *Rene Negron*

#1179

Kratom helps with pain from a gunshot wound in Afghanistan, and it helps with PTSD. - *Grunt*

#1180 : I'm a disabled veteran, I injured my back while in the military

I have been able to manage my back pain with kratom. I'm completely off all narcotics because of kratom. I'm a disabled veteran, I injured my back while in the military. When I got out and started to receive help from the V.A. they managed my pain with opiates and at first that was fine, but I slowly needed more and more to effectively deal with the pain. That became a whole other problem. I discovered kratom about two years ago and finally through trial and error came upon the right strain and dosage for me. Within six months I completely stopped all the pain pills I was taking. Kratom has literally saved my life. - *David Rogers*

#1181 : I was injured during a combat deployment

Kratom helped me overcome a dependence to other pain medication. I was injured during a combat deployment and prescribed pain medication, likely required to take it for the rest of my life. Taking a small amount of Kratom instead of dangerous pain medication drastically improved, and possibly saved my life. - *Justin Anderson*

#1182

As a disabled veteran, staying healthy mentally is a challenge. Kratom has been a God send for me - *Jason Haley*

#1183 : In the military I suffered a catastrophic knee injury, however I can't take the time off of work to have the knee replaced by the VA

Kratom has allowed me to keep working without taking the addictive drugs such as oxycontin, oxycodone, or even lortab. I have recently had a liver test to make sure it is not damaging my liver like the drugs mentioned. My doctor said I was not showing any signs of a damaged liver. I have been using Kratom for about 5 years. It works, and I believe that's why the pharmaceutical companies are trying to get it banned! They really could make a lot of money if they could control it or derivatives of the Kratom plant. Please don't ban this product! I personally need it. - *Ron Barlup*

#1184

I use kratom for pain management, not every day but often enough. My friend uses it to reduce the amount of pain meds he has to take. He injured his back in the military. We don't get high but it really helps and has no negative side affects. Please don't cave in to big pharma and ban this useful plant! -
Joe Cornwell

***#1185 : I was medically discharged from the USN in 2006.
It broke me mentally and the physical pain wasn't much
better***

I bought opiates on the street for the physical pain, because I was discharged with no follow-up medical treatment. Opiates provided me relief from my physical pain, and after a while became the way i dealt with my emotional pain. I fell fast and hard, and I lost everything and everyone I loved. In 2016, i found Kratom, and i was eventually able to finally start rebuilding my life. I was on suboxone for 5 years, trying to recover and help myself. All that medicine did was make me numb, and have me waiting, wanting to die. Kratom saved my life, and not just mine, but millions of addicts and pain patients and anxious/depressed people. They don't need their medicines with kratom, and many can come completely off of pharmaceuticals. Thats a miracle, and although not a profitable one for certain industries or politicians, but its a miracle for the people who need it. Keep kratom legal and protected, and you keep your society protected. - *Jennifer VanBlunk*

***#1186 : I am a 38 yr old disabled veteran of the Iraq war.
If it wasn't for kratom I would still be taking the morphine
& other opioids, legal or not, addictive or dangerous,
which nearly destroyed my entire life.***

I owe my improved healthy lifestyle to kratom and have now learned to manage pain, discomfort, and anxieties due to service related injuries with natural plants (kratom), homeopathic teas, vitamins, and supplements. Please ensure we keep kratom federally decriminalized and legal in the states, as it saved my life and with the ongoing opioid crisis I am positive it will save many more lives. Thank you for your time & consideration in this matter. - Charles Perdue

***#1187 : I'm a 100% service connected disabled veteran
who until I found kratom had been unable to treat my
chronic pain, ptsd and anxiety at all***

It's given me my life back, I can't take opiates, or benzodiazepams, or any of the other cocktail of meds the VA has run me through the past decade. I'm a better father, a better member of society, a happier person to be around, and I attribute it to having kratom to organically treat my pain and not be high all day as a result of the medication I use to function normally. I was addicted and dependent on opiates for the better part of a decade, I lost my home, my family, my oldest daughter, any semblance of moral dignity as a direct result of opiate use, now, thanks to kratom, the courts agree that I deserve joint custody with my 2 youngest, I have a

home I own, I have a career, a future to look forward to, one where my youngest children never have to see their father dependent on opiates or homeless, or in jail or an institution, or the morgue. - *Russell Long*

#1188 : I'm a 58 yr old army veteran

I suffer from PTSD, anxiety disorder, high blood pressure, onset arthritis throughout my body, multiple gun shot wounds, was incarcerated for over 20 yrs + I'm a recovering addict (clean from opiates, cocaine etc., August 26th makes 2 years). I was introduced to kratom July 2018, and my life changed immensely. I take kratom 3 to 4x daily and I couldn't imagine life without it. I no longer feel the pain I use to (pain level went from 10+ at times, to practically non existent at times) my mood is lifted 98%, I no longer feel like dying because of excruciating pain + I'm finally not on any big pharma poison. (I take nothing other than kratom). My quality of life is certainly 100% better than ever. I've never had any adverse effects or anything while taking kratom. My opinion is its about as harmful as a cup of coffee + to ban it, it would ruin my life + 1000s of others. I don't wanna die + I don't wanna go back on ANY drugs. #keepkratomlegal #kratomheals #kratomsaveslives. - *Michael Napolitano*



ABOUT NATURE DAILY



Nature Daily (<https://naturedaily.org>) is a globally recognized institution deeply committed to unmasking the true potential of Kratom, an endeavor that is not just a mere professional pursuit, but a lifesaving mission.

Indeed, Nature Daily's Founder and the Author of this very book was saved by Kratom, a testament to the life-saving potential this often misunderstood natural remedy holds.

This intensely personal experience fuels the essence of Nature Daily. The Founder's survival, largely attributable to Kratom, serves as the cornerstone of our unwavering dedication, illuminating the path we tread and our conviction towards our mission. To impart the authentic narrative of Kratom, one that transcends the borders of misunderstanding, censorship, fear, and prejudice.

With this passion and commitment, Nature Daily has become a vanguard for Kratom advocacy. Our pursuit is

underpinned by the belief that knowledge is the key to empowerment and, ultimately, to saving lives. Through tireless efforts in education and advocacy, we strive to ensure that the remarkable power of Kratom continues to be accessible legally, offering hope to millions around the globe.

At Nature Daily, we don't just spread information - we tell stories, we dispel myths, and we shape perceptions about Kratom. We lead the way in highlighting the positive effects and medicinal potential of this remarkable plant, and in so doing, fulfill our noble quest to save lives. As you delve deeper into the pages of this book, you are invited to join us on this journey of discovery, enlightenment, and hope.