

I first found kratom about 5 years ago, when I was trying to beat an addiction to opiate painkillers. I researched online for herbs that could help me and kratom popped up. After I read about it, I finally bit the bullet and ordered my first kratom package. When it arrived, I nervously scooped out a teaspoon of green powder and mixed it into a little applesauce cup, like the kind you pack in a lunch box.

After about five minutes, I felt so much more relaxed and calm. It was not a high at all, I wasn't confused, sleepy, dazed in any way. I just felt BETTER.

I started looking up information about kratom on facebook and found there are many kratom consumers and advocates! I couldn't believe the amount of people who rely on kratom to help with their daily aches, pains, and evening out their moods. There were people like me who found it after coming off painkillers or other opiate drugs. There were many folks with pain conditions who found kratom preferable to their cocktail of medications, some of which kept them in a permanent brain fog. There were people who were cut off from their doctors who now could only find pain relief through kratom. There are many folks who use it as part of their work out routine to ease sore muscles. I met friends who use it to combat daily anxieties and depression. Kratom is an incredibly useful herb to many people all around the world!

I have been in the online kratom community for five years. I have made so many friends and some of them I consider family. If kratom is outlawed, it will be devastating to many who have come to love and rely on it to greatly increase their quality of life. There is a lot of propaganda out there which paints kratom in a very negative light, calling it a 'legal herbal heroin' when it doesn't feel ANYTHING like that, doesn't cause people to become addicted and do horrible things to get their next fix, doesn't cause people to steal, lie, or connive their way into getting more... it just doesn't work that way. Kratom is mostly harmless. True, some people cannot tolerate this plant, but that happens with just about any food or supplement in the known universe. Kratom does not cause respiratory depression, it does not cause you to overdose and die, it does NOT kill people. If you take too much kratom, you will become nauseated and possibly throw up, but that's it. Plain leaf kratom used alone is virtually harmless, and tremendously beneficial to thousands of Americans, and even more people around the world.

Banning this herb is a waste of time. Resources should be used to ban research chemicals and drugs that are actually very harmful, not to take away an herb from people who just need a little boost or pain relief.

Kratom is used by so many who are now able to go about their daily lives thanks to its benefits. I read so many stories about people who are so happy they now can play with their kids without excruciating pain, they can go back to work, they can go about their business, when before they were crippled by anxieties, depression, addiction, or pain.

Please, when legislation against kratom comes up, vote against banning it. I have absolutely no issues with making it so that you have to be 18 years old to buy it, but it should NOT be banned. Kratom is a lifesaver to many.

Thank you for your time and consideration!

Linda Shirley