

I have been a Kratom user for about 2 years. The Kratom that I use is from the plant, in powder form.

I am a chronic pain patient.

Prior to 2016, after trying every modality I can think of (every NSAID on the market, Tylenol, accupuncture, PT, Reiki, meditation, sleep hygiene, supplements, joint injections, trigger point injections, TENS UNITS), I finally asked my doctor, of 15 years, if I could try hydrocodone. It was getting to the point that I could no longer work, forget about outside of work activities. I just collapsed in pain and cried on days off and slept. I wish I could have been more active with my children.

I started taking hydrocodone 5/325 mg every 12 hours as needed, and was always compliant. I took it for about 10 years and it allowed me to work, for that 10 years, and provide for my family. After I retired, I still took it when I needed it. Because, like most chronic pain patients, I wanted it to still be efficacious when I needed it, I was only taking it when I really needed it. It allowed me to have a social life and do the activities I needed to do.

I was taken off of it, like most other pain patients, when the misapplied CDC guidelines came out. I never experienced withdrawal, but most days I was in pain and taking unhealthy amounts of aspirin and tylenol. I had no choice.

I discovered Kratom and did a lot of research to learn the best product and the best dosage for pain. It is a great pain reliever, and the research shows that it is very safe. If one takes too much Kratom, they don't die, they vomit. There does not seem to be any physical addiction and the only people who have died taking Kratom, had other substances in their system, so it is unlikely that it Kratom was responsible for their deaths.

“Kratom-only deaths are rare: In the same CDC study, only **7 deaths** (less than 1% of all overdose deaths in the study) were identified where kratom was the only substance found in the decedent's system.**Low percentage of overall overdose deaths:** Kratom-involved deaths accounted for **less than 1%** of all overdose deaths in the SUDORS (State Unintentional Drug Overdose Reporting System) data during that period. More recent data from Washington State showed that kratom was detected in only 1% of all overdose deaths in 2024, compared to 70% involving synthetic opioids”

Far more people get sick and die from aspirin and tylenol, and most other medications. I have a lot oh health issues and every single medication I take has a much higher risk profile than

Kratom. The research is out there. It is not possible to eliminate completely, all medications that have significant morbidity and mortality profiles. Kratom does not have a significant morbidity and mortality profile. Laws should be based on evidence, not hysteria, and I believe that there are anti opiod groups that are making money by inciting hysteria.

If Kratom is banned, it will be impossible to do more research on it, as is what happened with Cannabis. We later learned the medicinal value of Cannabis, but for all of the years as a schedule 1 substance, it could not be researched.

Kratom has medicinal value and should be studied.

I don't understand the obsession to remove every product that helps people who live in pain.

The war on opiods is a dismal failure. So many people who have been living with unbearable pain have committed suicide, and opiod related overdoses are much higher now than in 2016, when there were 42,000 opiod related deaths. It is now over 100,000, though it is nearly impossible to obtain that effective medication for pain. It is a travesty.

I live in fear of having to endure a surgery if Tylenol is all that the doctor will prescribe. I live in fear of having a traumatic injury where Tylenol is all that the doctor will prescribe. I currently have a kidney stone that as of now, has not tried to pass and cause pain, but I am terrified of having to endure the pain associated with kidney stones passing, without effective pain control.

I live in fear of being forced to live with a painful cancer, and I know that doctors are having trouble getting their patients pain relief.

I watched my mother die a peaceful death because she had pain relief. I fear dying in pain.

The war on opioids has created nightmares for the pain community, and has been demoralizing.

Please, I beg you, don't take the one last thing that people have found that is a safe alternative, and has been so helpful to so many.

Please stop the madness. I beg you, leave plant based Kratom alone.