

Roger Humphries, Feb 19, 2026, Concord Twp., Ohio

### Keeping Kratom Safe and Legal

When I first heard about Kratom (*Mitragyna speciosa*) - which was back in 2017 - I had heard many good things about it. I heard that it helped many with opioid withdrawal and that it also functioned as pain management and a mild stimulant for my ADHD. What I did not know was that it would be so helpful to me. I started taking it in 2017 - very small amounts of it - and it gave me a boost of energy by taking White Leaf Kratom, Red Leaf Kratom helped me with concentration, and the Green Leaf Kratom is a useful help with concentration in the afternoon. I have taken the herb on and off for several years.

In 2020, I found myself drinking a lot of alcohol again, so I decided to quit drinking and also increased my dose of Kratom for the last time (3 grams of White Leaf Kratom in the morning, 3 grams of Green Leaf Kratom in the afternoon, and 5 grams of Red Meng Da or other Red Leaf at night. Kratom has been a very useful tool to keep me sober. I have read several books on ways to dose the Kratom properly, which I can reference if anyone asks.

I can tell you what my life has been like since I have been using Kratom in this way. I went back to school and obtained my bachelor's degree and received straight A's in my classes. One benefit of Kratom was to help with my concentration. I found I could concentrate much better while I was taking Kratom. I have had to live with ADHD my whole life, and I had finally found something that can help control it. That enabled me to be able to study without having to deal with distractions like I used to have. I have not missed work since 2020, so I am not laying out in the gutter due to my Kratom use. I took my Kratom three times a day and did not think anything more about it. I got on with my life and figured I could live like this for the rest of my life. My life has never been better. I have been able to work with my sons who both have varying degrees of autism. I have been able to concentrate on my tasks much better than I could when I did not take Kratom.

Lately I have heard about a product - that I had never had - called 7OH, which synthesizes part of natural Kratom and makes a pill that mimics the effects of heavy-duty pain meds or heroin. Please do not call this Kratom, it is 7OH, a synthetic compound that had been sold in gas stations and head shops throughout the state, apparently quite damaging to those that used it. Most natural Kratom contains .005 to .010 percent of the 7OH, where 7OH is up to 98% of this alkaloid. Because of 7OH products, a lot of fearmongering has been pushed forward by this and lumping everything in that category. There are media reports calling 7OH Kratom. Ohio wants to ban all Kratom products. Those using the leaf product will not be able to purchase Kratom legally. I have heard many say how helpful Natural Leaf Kratom is in getting individuals off opioid addiction, helping with joint pain, and controlling alcohol use.

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Am I addicted to Natural Leaf Kratom? I will worry about that if it becomes a problem in my life; however, people are addicted to caffeine, and there is no movement to ban caffeine. Also, I could, if I wanted to, walk down to the end of the street to a local convenience store and buy a case of beer or bottles of hard liquor and drink all of it in one night. I could get blacked out drunk and hurt somebody. I could drive and kill someone because I am impaired and am not able to drive, and I could run into other cars and seriously injure or kill someone. However, there is no movement to make alcohol a banned product. Another thing, I go to my general practitioner and take a blood test. My liver is working fine.

The state is throwing the baby out with the bathwater and does not seem to understand what they are doing. As an adult, and as a person that can function normally on use of Leaf Kratom, I feel that we are in a nation and a state that is taking away our freedom, one step at a time. It is not a mind-altering substance. This is part of the danger, that we are losing more and more of our freedom. What is happening in Ohio and other states is problematic. Much of it is based on fear. People have quit taking Kratom; however, the withdrawals are not dangerous and life threatening such as alcohol withdrawal. If 7OH is as bad as reported, then control what is dangerous, not Natural Leaf Kratom. Natural Leaf Kratom has been very helpful to me, and I can live my life taking Kratom. As I said, the benefits of providing me with concentration and also relaxation that does not interfere with my daily activities have been a miracle and great help for me and my life.

<https://www.wtsp.com/article/news/regional/florida/florida-7-oh-kratom-products-ban-deaths/67-84e0b8a6-5bcf-4181-81a9-7a5f28015e9e> Naturally Leaf Kratom is as such that if you take too much you get sick. The deaths that have been associated with Kratom in its altered form with other substances in the system of the individual that took it were those that were mixed with other substances or in the altered form. Kratom is not a mind-altering substance, while ones that are mind-altering are still legal. The effects of *Mitragyna speciosa* are mild.

<https://www.wtsp.com/article/news/regional/florida/florida-7-oh-kratom-products-ban-deaths/67-84e0b8a6-5bcf-4181-81a9-7a5f28015e9e> Most Natural Leaf Kratom users do not have issues with it. One day I may want to quit using it, as the cost is a factor; however, I am fine presently using Natural Leaf Kratom and do not feel that a ban is necessary. I can function quite well with its use. If it is all banned, I am sure only the chemically altered Kratom will be available on the illegal market, along with fentanyl, heroin, and other dangerous unregulated drugs. The attack on Natural Leaf Kratom seems totally unwarranted. As an Ohio resident, I would like to see the government look at things rationally. If Kratom derivatives are hurting people then, yes, regulate. However, Natural

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Leaf Kratom has been a godsend to me, and I would like to keep it safe and legal. We should fight for the freedom of those to be able to use it or not.