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From: Allisun Sturges <allisunsturges888@gmail.com>
Sent: Friday, March 15, 2024 1:58 PM
To: House Corporations Committee
Cc: Allisun Sturges
Subject: KRATOM BAN - KRATOM IS HEALING FOR RECOVERING ADDICTS, ADHD, ANXIETY & DEPRESSION

Hello Rhode Island House Legislature,

I know that I am a day late, but I wanted to message you about the Kratom Ban issue.

I am a 53 year old mother of 2. I am a realtor and a productive and contributing member of society and have been in recovery from substance abuse for 15 years. I am a Kratom user. My life was previously torn apart from many years of suffering through opiate addiction. I come from a family with these issues in multiple generations. Some of us are born with this gene. Kratom has caused my active addiction to absolutely cease. I have no cravings for dangerous substances whatsoever anymore and I am able to work long hours and serve my family and community. I know it is hard for some to understand people like me, but please do not misunderstand this plant. It has healed the things that caused my addiction in the first place: genetics, depression, severe anxiety, lack of focus because of ADHD, lower back pain, and general severe lethargy. With Kratom, I have been able to avoid addictive, prescription drugs which were previously part of my suffering. Kratom is a safe alternative to prescription opioids, which are highly addictive and dangerous. It works better than those drugs for all the above matters and more, without the lethal side effects such as OIRD (Opioid Induced Respiratory Depression) and the Escalating Tolerance feature. What other natural substance in its natural form can treat all these issues with the same safety profile as Kratom truly has? Kratom is legal in the United States at the federal level, so why would a wise and freedom granting state inappropriately schedule or ban it because of a deep misunderstanding about it? There is a reason it is still legal, and should continue to be. I have had no negative side effects from Kratom. If I accidentally take too much, I feel a little nauseous and it passes in an hour or two. More is not better. My dosage has stayed at the same level for several years. This plant does Not act like dangerous drugs in the body. Please Review the Science! Beyond that there are no side effects. This is a plant needed desperately by some of us. If Kratom is scheduled or banned, I'm not sure how I would handle my pain, depression, anxiety, ADHD, and lethargy. Criminalizing some of us who depend on Kratom is not loving, honorable or protective of anyone. Taking the freedoms away from citizens to make their own choices about what herbal remedies to use in the management of their physical ailments is not what our country is founded on. There is a better way. Thank you for supporting the KCPA and Not Criminalization and Banning. We commend and appreciate you! Thank you.

Best,
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