

Hello,

I'm a 64 year old male who has used kratom since April 2014.

Prior to using kratom, I had been abusing alcohol excessively and this practice resulted in an extremely unhealthy physical status; at just about 5'8, my weight was 225 pounds and other markers such as LDL cholesterol and triglycerides were at high levels. Additionally, I had long suffered from depression and anxiety for which I had been treated with SSRI's over the years.

I am absolutely and unequivocally convinced that the use of kratom has helped me steer a course from self-destructive, to one of fairly robust health for a man my age.

I have ceased abusing alcohol and have not done so for 5 years - now being a social drinker. Depression and anxiety still loom from time to time but the need for SSRI's is no longer. I believe kratom has helped substantially with my depression by acting as a mild stimulant - along the lines of a few cups of coffee - and also as a mild relaxant - along the lines of a very small dose of valium. But without any of the horrible side effects of pharmaceuticals which I vow never to take again unless absolutely necessary. Also, I do not experience any "euphoric" opiate-like effects from kratom. Equally importantly, my cravings for alcohol have diminished completely and I can now "take it or leave it" where years ago, the 'leave it' part was non-existent.

Currently, my weight is 180 pounds, my blood panels are within normal range, and I cycle and run 3 times per week. I don't believe these changes would have happened without kratom.

Three facts I'd really like to underscore for the Oregon legislators is the abuse potential, so-called 'withdrawal' effects and ceiling effect of the plant. As I've already stipulated, I've been taking kratom for 5 years and do not exceed 3 grams. In fact in the last year, I have been taking half that amount simply because I don't need 3 grams any longer for the benefits. I now take 3x 500mg capsules daily which is considered a very low dose by most users, and this amount is all I need to achieve my health benefits. As for exceeding my highest dose - the few times I tried to do that very early in my learning curve of deciding on an optimal dosage - I found negative, not positive effects; lethargy, fatigue, mild stomach upset, etc. From this experience - and the experience of hundreds of others I have shared with regarding kratom - there is NO, I repeat NO 'better' effects or 'high' experienced the *more* kratom one takes. There IS, however, a definite ceiling effect beyond which the plant simply doesn't provide ANY benefit - and that's one of the more intriguing and special aspects of kratom.

In any case, I respectfully urge you to consider my, and the experiences of others in your decision-making processes moving forward as they concern kratom. While I fully realize these experiences are considered 'anecdotal' and not scientific, thousands of folks from all walks of life and from a diverse spectrum have shared literal 'salvation' stories of overcoming addiction, depression, opioid abuse, etc, and these are deep human experiences that cannot be ignored. But even putting anecdotal experiences aside, there is compelling scientific evidence that supports the safety profile of kratom, if only folks would avail themselves of that information as detailed in the American Kratom Association website.

Thank you for your time and consideration,

Respectfully,

Ron F.
Florida

Note: Please use discretion with your personal information in written testimony (i.e., do not add personal information you do not want the public to see). All meeting materials, including your name and

any personal information contained in the submitted documents, are posted to the Oregon Legislative Information System (OLIS) and are accessible to all major search engines, including Google, Bing, and Yahoo.