

Dear Honorable Members of North Dakota legislature,

My name is Brittany Sefton, and I am writing to oppose a ban on natural Kratom leaf. I support HB 1628.

As someone who struggled with a twelve-year addiction to prescription opioids following a high school sports injury, and then completed three years of medication-assisted treatment with methadone, I can attest to the life-changing benefits of natural kratom. I now rely on plain leaf kratom to manage chronic pain from scoliosis and degenerative disc disease. This allows me to remain present and capable as a mother to my five children, four of whom have special needs.

A total ban would force constituents like me into an impossible position: returning to highly addictive prescription medications or facing criminalization for seeking a natural alternative that has allowed me to reclaim my life.

I am not opposed to reasonable consumer safety regulations. I urge the legislature to distinguish between natural kratom leaf and synthetic 7-hydroxymitragynine (7-OH) extracts. While I support banning chemically modified synthetic versions produced in labs, it is vital to keep natural kratom legal and accessible.

A total ban would devastate a community of law-abiding citizens who have found a path to recovery and wellness. I urge you to choose regulations that ensure product safety without removing this essential resource for law abiding adults. Natural kratom was put here on this earth for a purpose, please let it serve.

Thank you for your time and for considering my perspective.

Respectfully,

Brittany Sefton