

January 10, 2025

To Who It May Concern:

This is my testimony to be considered for the meeting on Monday, January 13, 2025, HB1101 - Relating to the scheduling of mitragynine as a schedule I controlled substance.

In 2016 I found out I have severe spinal stenosis. Almost as soon as I was diagnosed (via MRI), my Primary Provider in Dickinson put me on a high dose, at three times per day, of Hydrocodone. Which I very quickly became addicted to for years. That unnecessary addiction almost ruined my life. I was still in severe pain and now suffering from drug addiction.

I then tried to seek help for the hydrocodone addiction, being put on Suboxone. Which caused my body to be even more addicted. My mental and physical health was spiraling quickly.

I knew something had to change and fast, or else I would no longer be here. I then started researching natural ways to help my severe spinal stenosis pain (since mainstream medical only wanted to push extremely addictive drugs), and to help me quit the addictive suboxone. I found kratom, which has been used for centuries in Asia. At only small doses I was able to successfully become completely free of hydrocodone and suboxone. It has also numbed my spinal

stenosis pain so I'm able to function and lead a normal life. To this day I thank kratom for saving my life.

On good days with no pain, I can go without kratom. I have never been addicted to it. Nor have I ever felt it has addictive qualities. I have also never experienced any adverse reaction to it.

I do understand the concern surrounding kratom, but I also believe most of that concern is due to miseducation. Anything can be addictive and harmful, even water at high consumption amounts can kill someone. There will always be someone that abuses a supplement, food or drug. Kratom is inherently a good supplement. It has helped countless people with opioid addiction. Among so many other benefits kratom has.

I vote against this bill.

Scheduling kratom will cause harm.

Instead, I vote for an alternative. I vote for the State of North Dakota to work with the American Kratom Association on re-education, and to pass a kratom consumer protection act.

Which puts rules and regulations on labels and what can be sold. Which will protect, and install safeguards, for everyone.

Thank you for taking the time to read my testimony.

Sara Smith