

It's not a secret, I'm an addict. I've quit a lot of things in my life. Alcohol was tough. Benzos a little more difficult. Heroin fuckin hard. Cigarettes well I'm still vaping so eh that's up in the air. But kratom is a whole new beast. This was the worst and hardest detox of my life thus far (hopefully forever). This is a demon I never imagined I'd be fighting. Fresh out of prison and 3 1/2 years off heroin, I walked back into my 'safe space' aka a kava bar. There was a new drink on the scene called 'kratom' which would give me energy and take my pain away- it was perfect. Until it wasn't. Unlike most other addictive substances, kratom is a slow burn, it's discrete and subtle. During my kratom addiction, I lost my uncle and my two best friends to suicide. As I suffered each loss, my addiction escalated. During my 8 year addiction, I experienced severe hair loss, adult acne, frequent panic attacks, had bloodwork done many times because I thought I was going through menopause due to my cycle being so off, spent more money than I care to admit, my wife and I talked about divorce frequently as kratom was destroying our marriage and we talked about quitting kratom every single day for nearly three years before we made the decision to do it. I watched a friend have a seizure from kratom. I rode in the ambulance. I heard the doctor tell her it was from kratom. Yet I still sat there in the hospital drinking my kratom. I had been using kratom daily for 8 years and the last 8 months I was only using extracts. The physical withdrawals I felt in the first week were unexplainable from not being able to keep anything down, either vomiting or diarrhea, restless legs, extreme fatigue, headaches, nausea, etc. Once the physical withdrawals subsided is when the mental aspect kicked in. A mix of debilitating anxiety, crippling depression and hours of crying. On day 10, I asked my wife to baker act me. I felt like a prisoner in my mind. I then asked her to do a suicide pact which is the most shocking part of all. I didn't start to feel normal until about 30 days in. I am now over 6 months off kratom and I've got my life back. I've got my health back. I've got my mind back. I'm getting my hair back. My skin has cleared up. My cycle is normal. My marriage is the most healthy it's ever been. In just 6 months, I've began a new career, I've been heavy involved in a quitting kratom community. My wife and I host meetings weekly and are on the board which we are in the process of becoming an org. We moved from South Florida to Georgia, a move we had wanted for years but couldn't afford or even find the time to do. None of this would have happened if I was still using kratom.

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