

I appreciate you listening to my story. I am a 55 year old man, who has Chronic Fatigue Syndrome. That means my body does not produce energy anymore (or very little anyway). Over 75% with CFS are disabled, many can't even get out of bed, even after a full nights sleep. If you don't have CFS, you can't imagine what it's like not having the energy to even talk sometimes, or to simply pay your bills, or to sit at your computer and not have the energy it takes to type a letter. Let alone going grocery shopping and other routine tasks that I used to be able to do so easily. I basically watch life go by now, I have no quality of life, and I certainly don't enjoy life anymore.

Enter Kratom. I heard about Kratom back in 2019 and was of course skeptical. However, I tried a small amount and within 20 minutes I actually had the energy to start cleaning the house, I couldn't believe it. (Please keep in mind that I have been on all the traditional meds, with no relief at all and a bucket load of side effects to deal with).

The interesting things about Kratom is that for Chronic Fatigue, it takes only a small amount to get sufficient energy (kind of like drinking a cup of coffee). It also goes into your system quickly, and exits after a few hours - with NO side effects, no insomnia to deal with, etc. I only take 1/2 tsp (which is about 2 grams) usually about 5x per day. This gives me the energy I need to keep my job, and actually have a little bit of quality of life again! It truly has changed my life, at a time when I had given up all hope!!

I truly believe that lawmakers don't understand the GOOD it has done for people like me. I'm no junkie, I've never done drugs, don't drink or smoke. I just inherited bad genes from my mother. Don't punish the vast majority of us who have benefitted from Kratom.

There has to be a middle ground here; instead of banning it, maybe you just regulate it? I take Kratom responsibly, and I do believe the majority of us do. **We've found something that actually works for us, please don't take that away.** If you do, I will go back to watching life pass me by, I will have to retire because there is NO way I could keep my job. And I'm happy again! If you have no energy, you have no life, period. Because it takes energy to live, after all.

Please seek to understand Kratom, please see the good it does for regular people like me. Please seek to find that middle ground. I would be more than happy to tell you my story in person, or to testify to the good it's done for my life (and my family).

Thank you so much for listening to my story with Kratom,  
Mark Sweet