

1-13-2025

Dear North Dakota Legislative Council,

My name is Carrie Harrell and I am in opposition to HB1101. I am a Kratom Advocate. Please do not make good citizens criminals for freedom of medical choice. I use unadulterated pure kratom powder daily for my Plantar Fasciitis in my feet. Without it, it is hard to walk. I have 3 children, two with Autism. I need to be able to care for them and that includes standing for hours, cooking, cleaning, grocery shopping, teaching homeschool, & taking my kids to OT & Speech Therapy. I never needed kratom until I experienced this horrible pain in my feet last year & I have arthritis in my back.

I first learned of Kratom in 2019 after my cousin Misty Brown watched a video called "A leaf of Faith". She tried kratom & it helped her pain. It got her off of over 11 opioids & hard drugs. I couldn't believe the change I saw in her. It truly is a miracle leaf. She had a great job working for The United States Postal Service as a single mom. She bought her first house & life was good. Then she started experiencing back pain. When she went to the Doctor they told her she had Degenerative Disc Disease. It is genetic. My Dad also has it. It runs in our family. After going to the doctors they put her on so many opioids. Same thing they did to my dad. Over 10yrs I watched opioids destroy my cousin's life. She was bedridden with pain. She could barely speak a sentence. She was like a zombie. This could happen to anyone.

I flew out to Colorado in 2012 to help her when her brother died. She was a mess. She could barely function. She had a seizure right in front of me at dinner & had to go to the hospital by ambulance. I think being on so many different pills did not help her epilepsy, it made it worse. She actually had a huge back pack with all her opioids in them. Then the doctors cut her opioids when they passed the new laws to reduce the opioid epidemic. That caused my cousin to try hard drugs to ease her pain. By some miracle she happened upon that video about kratom. I have watched her do a complete 180. I'm telling you this because her life has turned completely around with kratom. She has taken it now for 5yrs & I'm so proud of her. She has been completely sober from opioids & drugs. She hasn't had one seizure in 5yrs. Now she is able to drive a car again, get out of bed, cook, clean, have a relationship with her kids and now today her son had a baby. She became a grandma. She has her life back. Without kratom she would be dead.

Kratom or Mitragynine is not a drug. It is a leaf from the coffee family. It is food. The FDA can never schedule it as a drug. There is plenty of science on kratom. You need to research beyond the controlled Google articles. The American Kratom Association has all the science you need. I live in Texas and our state has passed the Kratom Consumer Protection Act. Please join the other states that passed the KCPA to regulate kratom & protect our medical freedom. Kratom should be 21 & up just like alcohol. If a person has freedom to buy alcohol that does absolutely nothing for them and has killed millions. Citizens should be able to choose a natural leaf that saves millions. Do not confuse unadulterated pure kratom powder with 7OH, extracts, & liquid forms of kratom. That is why kratom should be regulated and kept safe.

It is not a party drug or something kids would want. You can't blame kratom when companies turn it into an extract & add ingredients to it like fentanyl. That is not pure unadulterated kratom powder that is 3rd party tested. Know the difference & stop blaming this miracle plant. To the parents who claim their child died from kratom only, there has been no evidence in their Toxicology report that it was pure unadulterated kratom powder and nothing else. If they mixed kratom extracts with other drugs or meds then that is the cause of death. Not solely Kratom. I am sorry they lost a loved one. Kratom is not to blame though. It would be the manufacture & the extract. That is why Kratom powder needs to be regulated & extracts should be separated from pure kratom leaf powder.

In 2020 my cousin sent me some pure unadulterated kratom to try. It tastes like the bottom of a lawn mower. You have to drink it with orange juice or grape juice. At that time I had no pain. So when I took kratom it did nothing for me besides give me some energy. It is like taking an advil. It doesn't impair you like drugs, opioids, & alcohol. It is not addictive either. I retried Kratom at the end of 2023 after I got my Plantar Fasciitis. It is the only thing that helps my pain now. But If I'm not in pain I don't need it. I don't use it daily. Only on bad days. Kratom is as addictive as coffee, soda, chocolate, milk, etc. Please do not make good citizens criminals. Kratom saves millions of lives. Kratom can be a cure for getting people off hard drugs, alcohol & opioids. That is why big pharma wants it gone. It cuts into their profits. God put this plant on the planet for us to use. It is natural healing & as citizens we deserve that choice.

Thank you