

First-Hand Kratom Consumer Experiences Posted to KratomScience.com

About this document

Disclaimer: None of the content in this document, nor on the entire KratomScience.com website, should be considered medical advice or medical claims.

Thousands of comments posted to various pages of KratomScience.com from 2014 - 2021 reflected first-hand experiences with the consumption of kratom. Commenters independently found KratomScience.com and shared their experiences without solicitation. Though users can comment anonymously under different usernames and IP addresses, efforts were made to group together multiple comments made under the same email and IP address.

Comments were chosen to reflect first-hand kratom consumer experiences only and compiled into this PDF file. Parts of comments not reflecting first-hand consumer experiences were omitted (such as conversation, opinion, etc.), but a link to the comment in its entirety is available by clicking the timestamp in the Date/Time column. The chosen comments were not edited for grammar, spelling, or clarity. KratomScience.com webmasters regularly delete comments from advertisers.

Kratom Terms

Terms used in this document reflect different harvested batches or blends of kratom used by vendors, commonly called “strains” in consumer slang, but not actual botanical kratom plant strains. These terms include: red, white, green, gold, yellow, bali, maeng da, malay, malaysian, kali, indo, borneo, etc.

Tags

- #addiction
- #alcoholism
- #anxiety
- #depression
- #energy
- #fatigue
- #mood
- #opioids - all natural and synthetic opioids like heroin, oxycodone, or buprenorphine
- #pain - includes all chronic pain, injury and pain-causing diseases such as fibromyalgia
- #sleep
- #withdrawal - including from pain meds, alcohol, or kratom

Username	Comment	Date/Time	Tags
Giles Earle	There's nothing better for chronic pain – or I've yet to find it.	2014/08/16 at 10:11 am	#pain
crystal	I've been on poain pills for about 13 years and finally switched to suboxone to get off of them. I use kratom when I run out of my subs and also used it when running out of roxis and it def helps with the withdrawals not to mentiin it gives you a great little mood boost.	2014/10/03 at 12:30 pm	#opioids #withdrawal
Ali	I used Kratom to get off opiates/suboxone. It has changed my life! I was so sick of the “addict” lifestyle. I dont care if this is a “crutch” it helps me sooo much. I also had 3 back surgeries and I can not believe how much it has helped with my pain.	2014/10/22 at 7:49 am	#opioids
Jeannie (4 comments)	Those with Fibro/Chronic fatigue/autoimmune (often caused by metal poisoning, Lyme, several true underlying root causes). I feel for you too!! I have systemic illness from heavy metal poisoning and cavitation/root canal). When people just do not know any better and tell us the best remedy is exercise, etc. (in my case it just pumped the infection deeper into tissues previous to knowing I was poisoned.) would LOVE for exercise to cure this, that would be heaven!! But several Olympic athletes even who have been brought down by some of the root causes I listed above...need much more than exercise in these situations! While clearing these toxins out of our bodies, Kratom IS a lifesaver!!!	2014/11/02 at 9:09 pm	#fatigue #pain
	I have been using kratom for a few years now for unbelievable chronic pain and anxiety caused by physical pain. It has been a lifesaver! It is no more addictive than coffee. And way less effects than cannabis (which is literally lifesaver to many), but for me, the high effect is not enjoyable, actually scary.	2015/10/04 at 2:15 am	#anxiety #pain
	I had Trigeminal Nueralgia...it is the worst, no escape, 24/7 pain. As you said, called Suicide disease for good reason. The location of the pain is unrelenting and controls you. I pretty much stopped talking to anyone, driving unbearable, etc. Do you have root canal, wisdom teeth pulled? And/or “silver” fillings, actually mercury? These all are what causes my pain and more. A severe biofilm infection. I was able to	2015/10/04 at 2:30 am	#pain

	get rid of at least the Nueralgia and horrid headaches. I still have ways to go, hard to remove this mess from jaws and rest of body, but I am doing it.		
	I am now 48, would not even take aspirin until headaches started at age 30. About age 40 finally took pharma painkillers, thankfully found kratom to replace painkillers. Have NEVER been into drugs nor addicted. Desperation for pain relief and the need to be able to function to take care of children...nothing to do with "liking" drugs.	2015/10/04 at 2:39 am	#opioids #pain
Stephanie	I have been taking bali indo for about 8 months now, and it has been a God send. I suffer from social anxiety and mild depression, and this stuff has made each day better...I would not recommend it as a long term solution however, as I have found myself psychologically addicted. There does not seem to be any physical addiction though	2014/11/05 at 5:21 am	#anxiety #depression
deborahs for my	I was on painkillers for ,most of my life. I've seen doctor after doctor all giving me pain medication. In March of this past year I slowly started to wean myself off of all the medication. I'm off of it all now, totally! A friend of mine told me about Or atom because I was having intense pain. I tried it after I had gotten on Google and researched what Kratom is. I'm still amazed!! Not only does it hep my back, I have bad arthritis in my left thumb and Palm. The pain gets so intense I have to squeeze my thumb and rock back and forth. I took 4 capsules, the pain was gone and I felt so happy and peaceful!	2014/11/25 at 6:15 am	#opioids #pain
Rob	i have been experimenting for awhile with different strains for energy and mood with slight euphoria(but not a necessity). I too had been on opiates for pain and found myself becoming overall more productive throughout the day in every aspect of my life, from getting out the door in the morning to conversating with clients, coming home after work and not being lazy, doing laundry..dishes etc. in a great overall mood. Doctor took me off eventually and I came across kratom. Experimented with Maeng Da and it helped get off the pain meds and gave me some of the effects i was missing now no longer being on the opiates.	2014/12/07 at 11:08 pm	#energy #mood #opioids #pain
Joana Dougherty McGee	I have been experimenting with Kratom for a bit under a month. I have several conditions that cause pain (Interstitial Cystitis, Colitis, Fibromyalgia, Arthritis), which were catapulted into an enduring "pain of a different color" when I developed two different stage III cancers (bladder / colon) within four years. The necessarily	2014/12/25 at 12:00 am	#addiction #mood #opioids #pain #sleep

	<p>aggressive treatment was extremely risky and indeed did leave me disabled, and in chronic worsening pain that will never improve.</p> <p>So. From the outset, I know, without question, that I AM going to be addicted to *something.* I am delighted that I have an option besides prescribed narcotics now! I had developed a trapped feeling of being at the mercy of the greedy pharmaceutical industry, all the while knowing that these necessary medicines are wreaking havoc on my system, and on my life itself.</p> <p>I see so many advantages to choosing the Kratom, and am already reaping the benefits of not being on the heavy-hitting opiates. For the first time in almost 15 years, I am *sleeping* like a normal person! Anybody that takes narcotics knows that they interfere with sleep patterns. For years and years, I had not slept for more than two hours at a time, bolting awake to feel fitful and absolutely unable to sleep again. Now if I wake, I return to sleep...just as I used to way back when I wasn't so gimped-up!</p> <p>I am not even one full month into the experimenting with strains, etc., and I *already* take a whopping 15% of what I was taking ...just over three weeks ago! My family and friends say that they notice a huge difference in my overall "vibe;" certainly I feel it. For years, I have searched for and tried alternatives to narcotics, but so far nothing has been able to touch my pain. Kratom *HAS.* It's real.</p>		
Brookelynn	<p>I have hepatitis C, chrones, and ulcerative colitis and I've been in several car wrecks so my back is definitely screwed, before Kratom I couldn't imagine getting through my day without taking a pill, and because of the hep c, pills are reallllly bad for my liver and can cause cerosis much more quickly because of the fact that your body is already attacking itself and of course your liver. Now I can't imagine my life without kratom. I used it to get myself off of subboxone as well and I'm telling you now my life is much better for it.</p>	2015/02/12 at 12:11 am	#opiods #pain
Carla	<p>I've been taking kratom on and off for a few years to get through withdrawal from pain meds if I run out. I find green strains best for getting through withdrawal. It really helps to taper off your meds a bit if you can. I find I have to take a lot the first few days, then</p>	2015/02/24 at 8:08 pm	#opiods #withdrawal

	I can taper off the kratom. I always experience some discomfort during withdrawal, even with kratom, but the intensity is tolerable, especially with Xanax.		
Cora Andrews	Kratom is amazing for pain. Although I just use it for mood, I have spoke to many people who are suffering from different medical issues and they swear by it for helping their pain.	2015/04/10 at 3:23 pm	#mood #pain
Jonathan Hands	To the poster who has been on Methadone for years. I was too, 20 years ago. It took me 4 years of failed attempts to finally get off it. It was 10x harder to get off than heroin. It took me about three years to feel like myself again. Anyway, about eight years ago i was taking strong prescription opiates for severe back pain. My doctor felt I'd been on them long enough and would not renew my prescription. Just hearing that started me thinking about w/d nightmares so I began to look online for help. Thats when I read about Kratom. I ordered some, can't recall what type, but started taking it when I was cutting my pills in half in preparation for running out. The Kratom not only kept me from having intense withdrawl symptoms, but actually made me feel energized, and knocked out my back pain as well. I've been taking it ever since. I won't say its not addictive, because I think it is. But, its a lot less so than any opiate, including synthetics like Methadone. If you read this, and haven't tried Kratom, you should. I think you could eventually get off the M, if you want. I had many 21 day detoxes off M, and on the last few days felt so bad that I always went back to H., well the very last time I didn't... Its worth a try. Its a lot less toxic to your system, less addictive for sure, and it isn't expensive. Just my opinion.	2015/04/18 at 5:08 pm	#addiction #opiods #withdrawal
Jennifer Kuahi	I go with 3.5 grams of ...Maeng Da in the morning and I'm good all day through work. I have severe neck and back problems due to a car accident I was in as a small child and can barely stand the pain without my daily kratom routine. I do just mix it with water in a bottle and down it. On most nights I make a tea with some lemon, fresh ginger and raw honey with Red horn strain (4 grams) and can sleep peacefully through the night.	2015/04/24 at 12:23 pm	#pain #sleep

al morales	<p>this product has helped me over come my addiction to opiates addiction.</p> <p>don't know where i would be with out it</p>	2015/04/27 at 11:57 am	#addiction #opioids
paulie	<p>I have rheumatoid arthritis, Crohns disease and fibromyalgia. I was prescribed a large amount of pain meds for about 5 years. I was still barely functional. Several months ago I started kratom and now have am off all pain meds. I like Red Vain Borneo and Bali. I use around 2-3 tsps as needed through the day. It helps with the pain better than any narcotic and I have tried everything. There must be some sort of anti-inflammatory action in it. I get full blood counts and inflammatory markers drawn every few weeks and they have all been great. I have problems with my liver counts from the meds I have to take. I can't drink or take Tylenol because of this. I was worried the kratom would do the same but so far my enzymes are fine. If you have liver problems its probably a good idea to have your liver function checked. This stuff has helped so much. I wish I would have found it 5 years ago. I use the toss and wash but add water first, toss in a tsp at a time. I won't say the taste is great, but it's not horrible. It is very much trial and error. Start slow and add tsp at a time, wait 20-30 min between doses.</p>	2015/05/22 at 8:30 am	#opioids #pain
Dave	<p>I found kratom after having to quit smoking pot for work. It has helped me with energy, mood, and stress, as well as relieving pain from heavy excercise at work (avg. 12 miles walking per day, so pretty sore afterward)</p> <p>I am very impressed.</p>	2015/06/15 at 2:00 pm	#energy #mood #pain
Jan	<p>I am an RN and I also have FM and spinal stenosis. I had a 4 vertebrae in my neck fused in 2010 which helped with the arm numbness but not the pain. Over a year ago I went to my doc with severe pain in my right arm. He spent the entire 15 minute visit making me fill out my state's 5 page Controlled Drug Contract (all patients seeking pain relief must sign this unless they have stage 4 cancer) then ordered an x-ray of my shoulder to rule out rotator cuff injury – it was negative. After begging he gave me an Rx for an opiate – LOL! – it was a pediatric dose and the pharmacy didn't carry it.</p>	2015/06/28 at 2:20 pm	#fatigue #pain

	<p>...here's my experience with "K". The strain I chose, after tons of research, was...Maeng Da powder for its analgesic and energizing properties. I started out mixing 1 tsp with grapefruit juice (the juice makes it work longer) and am now at 1 Tbsp (about 7 grams) and am happy with the results. "K" doses are self-limiting because it will make you nauseated at higher doses but I experienced that just once. Sometimes after a few hours I get drowsy.</p>		
PV	<p>I suffer chronic pain for many many years, and had my fill of any prescription relief, these destroy your soul, and in the end leave you in as much pain, my advice, stay with what God gave us, in its purest forms, I am not the world's foremost expert, so take this advice with a grain of Kratom, so to speak, "Kratom works for me in most part"</p> <p>For Pain best types (From my experiences) Maeng Da, or Bali, or like I do a blend of both, start off with one Tea spoon, in a water bottle with some OJ, or water, shake it hard, then just down it, chase it with water, and I hope it brings you some relief, or if the taste is a real prob for you ?, "and it is a bit bitter for sure", mix your spoon full into 1/2 cup apple sauce, and cinamon if you like, this is real easy then, having said this I chase in water only</p>	2015/07/07 at 7:34 am	#opioids #pain
mike	<p>My wife found this online and we used it to kick Heroin. This stuff worked so well I was wondering if I was actually getting opiates out of my system. You can take This stuff before the pain sets in and then after 24 hrs you can do Subs. We have not gone back it has been a little over a MONTH. I tell you one thing this is a lot cheaper than Heroin. We used Bali, the stuff is a miracle herb. If you are looking to quit opiates this is the way to go for the first 24hrs and after 2-3 days of subs. When you are ready get about 4oz's per person of Bali to get you through the worst of it with what is, compared to not having it, very little pain.</p>	2015/07/13 at 6:07 am	#addiction #opioids #pain #withdrawal
Chris	<p>Kratom saved my life, it got me off heroin after 3 years as an addict. I also have had anxiety issues since I was a very young child, so bad it prevents me from living my life because I'm so afraid to be outside my house. I've been offered a script for Xanax and I turned it down because, even if it does make it go away, I'm so afraid it'll just become</p>	2015/08/18 at 9:06 pm	#addiction #anxiety #opioids

	<p>another addiction. I don't want to be shackled to big pharma and have to worry about keeping my script valid every month. I've taken very long breaks from kratom, sometimes months long, and i notice (and this is anecdotal, I know) no withdrawal symptoms aside from feeling a little drained for a day. I don't steal and lie to get my fix, I just shrug and forget about it until I decide to order more.</p> <p>I can live without it, I wouldn't be roaming the city looking for dealers for Kratom. But I don't know what to do about the anxiety if its banned. For 18 years of my life I thought I would NEVER be free from it. I finally find this miracle plant, and now they want to ban it. It's saved my life and I've seen it save others</p>		
Rob	<p>I'm a couple of months into my Kratom use, i have back pain, depression and fatigue.</p> <p>...for my pain, I use red, for energy white and green and Ive had my best euphoric moments on green and red...Sometimes I experience no pain at all (amazing feeling) and feel very very Euphoric on red and green mix.</p>	2015/08/20 at 2:07 am	#depression #energy #fatigue #pain
Chris	<p>I've just taken Kratom for the first time today and have had unbelievable results. I was able to focus better, multi-task, answers to questions came faster. I run a business and it is crucial for me to be on point for the duration of the day as I am the final say so in every decision. I had no side effects, and was please with over-all results.</p>	2015/08/26 at 4:12 pm	#energy #mood
Dora	<p>I encourage you to take Kratom to get off opiates. I myself was on the vicious cycle of prescription painkillers (all legal, I am a cancer patient).</p> <p>I had enough of the constant struggle and labeling.</p> <p>Here is my dosage suggestion that has worked miracles for me. No withdrawal symptoms at all from day one:</p> <p>Mix two teaspoons of regular (not enhanced) Kratom in some water, just enough to be able to drink it all in one go. Add some frozen limeade or lemonade. Let sit for five</p>	2015/09/22 at 11:18 am	#addiction #opioids #withdrawal

	<p>minutes, then stir to get rid of the dry parts. Then drink it all in one go and wash with fruit, like a piece of watermelon, which works for me.</p> <p>That is usually a safe dosage. And it really does work.</p>		
David (2 comments)	<p>I'm 61 and have suffered for 20 years with arthritis in my spine and knees. Migraines, depression and panic attacks to add to the mix. I've tried the usual pain opiods and became addicted. After weaning myself of these prescription drugs I just suffered in silence. A month ago I discovered a web site discribing Kratom. I have a science background and was naturally skeptical. I ordered 1 ounce of premium Bali and within 2 days my pain went away 100 percent. My migraines, depression and panic attacks are gone. I've thrown out all my anti-depressants. I feel great and I walk 5 miles everyday while going back to school. Kratom has done wonders for me and I have recommended to all my friends. I am enjoying a full life for the first time in 20 years. I am also writing a book. Again. Of anyone has any doubts about Kratom we can talk.</p>	2015/10/09 at 2:59 pm	#opioids #pain
	<p>I am 61 and suffer from arthritis in my spine and all my joints. Also depression and anxiety due to the pain. I started using Premium Bali in August. I have been 80 % pain free since using this wonderful herb. I have switched to Red Bali and have had no depression or panic attacks. This is a God send. Good luck to you.</p>	2015/10/09 at 4:13 pm	#anxiety #depression #pain
Missy (3 comments)	<p>I am 46 and have neck and back pain for years. But I just deal with it bc 9 yrs ago I went from percocet roxycontin to oxycontin I go so hooked I put myself in a methdone clinic for 2 yrs 70 mg. Then was dosed off in 2 wks time. Worse withdrawal ever 2 mths of hell. But had been clean 5 yrs. And I started pre menopause I can deal with my everyday pain but every 2 1/2 to 3 wks I have pain worse than labor pain for 5 to 7 days. I have been to several doctors whose only solution was to give me perocet and opana 15. Which I still had to take motrin and aleve on top of my prescriptions and would still feel the pain it only dulled it. A friend who went through opana withdrawal and told me about kratom bali. I tried it on to see if it would easy the pain alittle. WOW. IT ACTUALLY WORKED. No period pain at all after taking it. And it seems to have shorten the length and I only have one every 28-30 days. I know longer take any prescriptions for pain or even over the counter pain meds. I keep a jar of kratom bali</p>	2015/10/18 at 10:29 pm	#addiction #opioids #pain #withdrawal

	powder on hand and when I start to feel pms coming on I start taking 1/2 to 1 tsp every 5 to 6 hrs until my period stops now usually about 3 days. I have had no withdrawal from kratom. Hope this helps someone out there. I just wish I had found it sooner. It works for my pain and I have had several friends use it for withdrawal and are still opioid free.		
	I use bali for pain and take vitamin b 12 for fatigue. I haven't tried the other types since bali worked for me right from the beginning	2015/10/18 at 10:35 pm	#fatigue #pain
	There is a big difference between being addicted and abusing. And I am not judging anyone but a lot of people did not set out to be hooked on pain pills and a lot of people do just take them to get high. Either way I do encourage anyone in need to try kratom. It works for me	2015/10/18 at 10:41 pm	#addiction #opioids
josh	I've been taking kratom now for a year and its made my life better.I was addicted to painkillers due to a back injury and they were rough to come off	2015/10/23 at 12:05 am	#addiction #opioids
Lottie	I finished weaning off mdone a year ago. Third time, first time with Kratom. I suffer from paws and Kratom has made all ill effects disappear. ZERO cravings. I have an awesome source. My favorites are red maeng da, white horn maeng da and yellow indo. No way would I be free from pharma without it.	2015/10/23 at 8:28 pm	#addiction #opioids
ustin	I developed panic disorder and severe anxiety a few years ago and it has been pure hell. I've been put on Paxil (paroxetine HCL) off and on to treat the panic attacks and that works very well though I have found that kratom is a much better drug for it. I sometimes will have a series of random panic attacks once a year or so and I will get on paxil for a few months and then taper off; that seems to alleviate the panic attacks for quite a while and I take kratom every day to keep it under control.	2015/11/10 at 8:36 am	#anxiety

	<p>Another great thing about it as a medicine/psychoactive and shamanic tool is that it has helped me tremendously to better myself by keeping the anxiety at bay so I can desensitize to prior anxiety/panic triggers, thus slowly breaking the anxiety down completely.</p> <p>Wonderful, beautiful plant. Such a powerful healer and helper.</p>		
Wanda Huerd	<p>I use Kratom Bali and Maeng Da 125mg for pain from three back surgeries. The first being a fusion eleven years ago. I was seriously addicted to pain meds. The Kratom I use has help tremendously for pain and energy and I highly recommend. The problem I'm having is it is causing severe insomnia when it is time to sleep.</p>	2015/11/28 at 7:26 am	#opioids #pain #sleep
KD	<p>I use mitragyna speciosa for severe chronic pain. I previously took Rx'd opioids for 10+ years. I made the choice to taper myself down, and then go off them. My choice, not the doctor's. Though I had no psychological addiction to my pain meds, I definitely had a physical tolerance. I didn't find speciosa until I had gone through WDs and PAWs. I take it almost daily now, as I choose to take it over narcotics and I'm almost 57, so who cares. 😊 It kicks my pain in the butt, and I never allow myself to take more than MY standard (described in last paragraph).</p> <p>AND YES, less is more. I take approximately 7 g. a day, taken in small doses throughout the day (2g a.m. /2g p.m. /3g @bed). Again, my pain is severe. My doctor told me that I will never be out of pain without opioids. Well, let's just see what happens, Doc...</p> <p>..It saved my life. My husband says he fell in love with me all over again after I detoxed from those evil Rx'd narcotics. Stay safe, and keep this wonderful plant legal. It can be your lifesaver too.</p> <p>Thank you, Mother Nature!</p>	2015/12/21 at 6:47 am	#opioids #pain #withdrawal

BillW	Ive been sober 9 months now, and ive learned a TON about kratom, AA and just about anything out there to help one kick the booze. Kratom has definitely helped but its not a cure by any means.	2016/01/01 at 1:52 pm	#alcoholism
Vicky Morgan	I have been experimenting with it for pain control & mood enhancement, which I was taking Xanax & Norco for years & my doctor got the great idea to take me off cold turkey. Nice, huh? This stuff saved my sanity I'm sure...You cannot OD on this stuff. Uf you take too much, you will likely vomit or get a headache. If that happens, trt taking a little less next time. I went from taking more-than-prescribed pain meds to taking this stuff 2 times a day with absolutely no craving for prescription pills. Plus the pain pills never took my pain away 100%, but Kratom does	2016/01/22 at 12:04 am	#mood #opioids #pain
tanya	I find that the White Borneo gives me quite a bit of noticeable energy. I have fibro with chronic fatigue syndrome and after I take about 1.5 to 2 TEASPOONS within about 20 minutes I'm able to do much more than previously and feel like doing it. I've had amazing results with Borneo white...I'm currently mixed Green Maeng da with White Borneo and I can see an increase in energy with more clarity...honestly...great stuff.	2016/02/04 at 11:37 am	#energy #fatigue #pain
organizm19	I take kratom for pain. It's nice not to feel pain or do opiates. But I still feel pain without it. I'm dependent on something to feel not broken. That's OK. A doctor would prescribe me opiates but this is better. Don't be embarrassed to be human but definitely don't be ignorant and think kratom is a cure for alcoholism. It's an alternative, a much better one too. Alcohol is extremely rough on the body. Kratom doesn't seem to be, even after you stop and I've taken it for 6 years.	2016/02/10 at 5:57 pm	#opioids #pain
jessica (2 comments)	I bought the green and white maeng da today and I have chronic pain. Helped so much!!	2016/02/12 at 6:22 pm	#pain

	still feeling it almost 3 hours later.. I have a very bad back and it helps so much.	2016/02/12 at 6:29 pm	#pain
Danny	I am utilizing Kratom to get off of my Hydrocodone addiction. Prescribed, but I don't like taking them anymore. Annoying cycle. Anyways, it works perfectly and I take a combination of Red Thai and White Maeng Da. 4g Red Thai and 2-3g of the White Maeng Da together.	2015/12/27 at 8:59 am	#addiction #opioids
lupita (2 comments)	I think bali is pretty good for pain and helps you feel calm and at peace. I take 3 grams and works really good without putting me out.	2016/02/22 at 6:10 pm	#pain
	I stumbled on to kratom because i wanted to find something close to rx. Painkillers to help me detox. I bought bali and maeng da and i love them both. MAeng da i take about 2.5 grams more or less the capsules are 600 mg and i take four of them in the morning on an empty stomache with a warm tea and the give me energy and help tons with my mood. In the evening i take the same amount of bali same way and keeps my mood the same happy and at peace helps with pain and relaxes me but not to the point of nodding off. Thank goodness for this plant i have been able to detox and not have withdrawals.	2016/02/22 at 6:20 pm	#energy #mood #pain #withdrawal
Babs	<p>I am an alcoholic – always will be. I've been sober for more than two years now. I am also bipolar (diagnosed and treated). I use kratom daily. It helps alleviate my desire to drink. Over time, I learned that my drinking correlated to my level of depression. For me, kratom is a mood enhancer and significantly relieves my depression.</p> <p>I only use Thai and most often the extract. I simply fill "00"capsules and take about 1.5 grams at a time, about 3 times a day. If you build a tolerance, back off the dose for a day or so and your tolerance will go down enough to recoup the effects of your dosing. Kratom withdrawals results in increased anxiety for me so just be aware of that.</p>	2016/02/17 at 7:11 pm	#alcoholism #anxiety #depression #withdrawal

	<p>I also treat my alcoholism with a steady dose of spirituality (for me, it's time with my God) every single day. You can stay sober.</p> <p>In my opinion, kratom is a natural and useful tool for people like you and I.</p>		
DoinTimeOnEarth	<p>I live with pain & discomfort most of the time. I have lupus and complications from medicine that I've taken for it over the years made me realize I have to find something else. Doctors have worsened my problem with surgery. Their solution is nothing but physical therapy that usually hurts too much. I'm thrilled to discover Kratom! It helps so much that I can actually function without feeling the fatigue I used to have with the drugs I would take. I try different strains when I can and most of them help. I make 00 capsules, take six on an empty stomach (when I wake up) and it usually keeps the pain away most of the day. If I find I'm becoming immune to the dosage, I stop taking it for a few days (even if I have to lay in bed most of the day).</p> <p>I don't find it addicting whatsoever. I don't want to build up a tolerance and then have to take more. I'm fine with the dosage I take.</p>	2016/02/23 at 1:00 pm	#fatigue #pain
kim	<p>I have been on 40 mg roxicet for ten years. Had I not discovered Kratom, I don't know what I'd do. I am 52, have compression fractures in my spine, bulging neck discs, carpal tunnel and chronic pain.....and I take 8 mg maeng da capsules a day. I bought a little scale because I want to start buying powder. I don't have a question, just telling people out there, yes, yes, yes it works, no hoops to jump through and have your pills counted and then the pee tests, take charge of your own pain, we have our good days and bad, I just want to say that for once there's a way for us pain patients to handle things with dignity</p>	2016/02/25 at 7:26 pm	#opioids #pain
Brenn Phillips	<p>I had a similar problems and stopped drinking because of the onset of an auto immune disease. This is what worked for me: Google Reboot with Joe. He is the Aussie who made the film "Fat, Sick and Nearly Dead". He tells you in detail how to go on a month long juice fast. For me, this cleaned out my whole system and I have not craved alcohol or had a drink in five years, after drinking heavily for more than twenty years... I</p>	2016/03/11 at 9:25 am	#alcoholism #depression #pain

	have been using Kratom for nearly two years. White vein Borneo helps with pain and gives lots of energy, plus fights depression.		
Randy	I was in a terrible car accident 2 years ago and broke my hip,leg, and ankle, along with tearing several ligaments and having an Acl surgery. I was on Morphine for 2 years before I discovered Kratom. Since then my life has gotten so much better. I have gone from 145 lbs to 190 now at 5'9. I have felt so much healthier and have more energy. I was so depressed while on Morphine and in pain all the time. I am so happy now and no longer have the cloudy thinking I had while on Morphine. No monthly trips 2 the doctor and no pain. I finally have quality of life again thanks 2 Kratom, and have even noticed my libido return!	2016/03/16 at 6:34 pm	#opioids #pain
Lila	I was on hydrocodone and casiroprodol for 2 years for a serious injury that still causes me constant chronic pain. Kratom helped me to get off that junk. I didn't really abuse the opiods, so mentally I didn't have that kind of withdrawal either way, but without the kratom the pain was always too unbearabe to quit the hydrocodone. (Hydrocodone is chemically addictive and has a terrible tolerance build after even one dose meaning intense excruciating pain when you miss a dose or try to quit. You can build tolerance to kratom, but not nearly as fast, it doesn't cause nearly as much pain as missing hydrocodone doses, and you can alternate strains to help fight this.) Kratom isn't quite as strong as the pharma cocktail I was on, but it works better than over the counter meds by far, and better than hydrocodone by itself. I still need to add kava when my spasms are strong and muscles are clenched; but kratom makes life liveable. Another good thing about kratom is that you don't get massive doses of ineffective Tylenol like with hydrocodone, so it's better on the liver. Kava is not as good for the liver though, so it's best to only add it when pain is at its worst.	2016/03/23 at 2:30 am	#opioids #pain
Christi	I take... Red Vein Bali (powder) for my pain & use 8 ounces of o.j.. You just have to shake well & drink it down. I've never had a problem!	2016/03/23 at 2:30 am	#pain
Cheshire Cat	I was on dilaudid 32-40mg a day and got off cold turkey and started the Kratom within a day or so and it was a life saver. I am completely off the pain meds and only on	2016/03/26 at 7:44 pm	#addiction #opioids

	Kratom. My life is so much better. I think I am starting to get addicted to the Kratom though, lol. I'll take this over narcotics anyway.		
Kelly	I just started Bali today and I've been on 30 mg Roxies for 5 years, I have not felt so good in years. I've been seeing pain specialists for years and my life revolved around pain, Doctors and pain meds also laying on a heating pad constantly. I started the Bali at 10 this morning and didn't even think about my meds and my mood has been awesome from no pain.	2016/04/01 at 9:06 pm	#mood #opioids #pain
Billy	I am 57 and just stopped a 24 year Chronic pain med dependence with the help of Kratom. I am currently taking 1 measuring tsp every 4 to 6 hr of Red Vein Thai in the afternoon and evening. I start the morning with the same dosage of Bali.	2016/04/02 at 1:15 pm	#opioids #pain
Grayson (2 comments)	I have been using kratom for years. I have used many varieties but prefer the Maeng Da variety. I used kratom with high dose fentanyl patches for a while. The narcotics were ruining my life. Its like having a wet blanket on your soul/spirit. I far prefer and advise folks to let go of their narcotics and just stick with nature. Fentanyl was hell to get off of, I cried like a baby. Kratom helped. It still does, I like my life so much better with daily kratom. I'm pleasant (I think), happy (generally, its not a miracle) and energized. I have MS and suffer chronic pain and fatigue. I am very happy kratom is available	2016/04/03 at 10:03 am	#energy #fatigue #mood #opioids #pain
	There's no easy path off the patches. I tried to taper for six months. I was on pain medication for about the same amount of time as you describe. I just made a rule, no calling any medical professional for any reason until I had my wits about me. As I described it, "hell". I will never touch an opiate related medication ever, ever again. The irony is that I was a prescriber, I thought medicine would work. Kratom is not a panacea, pain is still there, fatigue is still there, as is frustration.	2016/06/21 at 10:24 am	#fatigue #opioids #pain

Dusty	I took kratom for about 12 weeks after stepping off of 8 mg of suboxone daily, and then, after quitting kratom (I just stopped and instead should have tapered) I had one day where I had a low-grade headache, similar to caffeine withdrawal – which, if you've ever experienced opiate withdrawal, or WD's coming off of strong opioid agonists like buprenorphine or methadone – is like a day at the beach compared to those...I can personally tell you that Kratom was a blessing for me, it allowed me to get off suboxone after a 2 year run, in a virtually painless way	2016/04/07 at 10:05 am	#opioids #withdrawal
Pennie	I'm finally able to take kratom for opioid withdrawals and pain management after a load of mistakes and confusion... It's fabulous medicine.	2016/04/09 at 4:09 pm	#opioids #withdrawal
lamechellephoto g	I have been using Kratom for about three years off and on for pain relief from tooth issues like abscesses. Having no insurance and stuck with dental issues. Also using it for relief from rheumatoid arthritis joint and muscle relief again having no prescriptions whatsoever to help, I thank God I researched and discovered Kratom. I have a bit of nausea rare times when I do it on empty stomach as recommend but otherwise I love this wonderful herb! Its truly been a godsend!	2016/04/13 at 6:24 pm	#pain
Anonymous	My husband went from wanting [sex] once a week or every other week to wanting it every night. Just a little personal experience. It also decreased his sensitivity so he goes for longer with more stamina	2016/04/24 at 7:00 pm	#mood
L Kaiy	Going into around 35th hour after last opiate use (last use 2 bags *****n, 7 total within past 24 hrs. active use). Took 8-10 grams Bali at 22nd hour of w/d, with grapefruit juice. Some anxiety, mild uncomfot, chills, and no sleep at all...but not horrible. Took 12 grams same (Bali) about 35 minutes ago, no grapefruit juice. Feel less degree of everything I felt before, anxiety, disomfot, chills, still not sleepy at all, but able to move, etc. This is NOT how I would feel at this point 'on my own', 'cold turkey', IN ANY WAY AT THIS POINT. Absolutely by this point it would have well started to be extremely uncomfortable and nearing almost unbearable anxiety and stomach upset. I	2016/04/27 at 4:37 am	#addiction #anxiety #opioids #sleep #withdrawal

	<p>attempted this about two weeks ago dosing every six hours and made it to about 72 hours but folded and used. I have been through this many times before, over my life. I am actually hopeful and looking forward to going through it and no way in any form have I ever felt 'well' this long without to feel that way. I have used suboxone unsuccessfully about 10 years ago for about 48-72 hours if I recall, then using again</p>		
Rich	<p>Kratom withdrawals are SO mild. Please don't scare people. I've taken kratom daily for over a year then stopped and it was nothing worse than a cold and going without coffee for a day. I have a LOT of experience with kratom and prescription pain meds (yes, from my doctor). I have experienced opiate withdrawal more than once and can honestly say that it is FACT that kratom eases the withdrawal of opiates. Kratom is FAR less addicting than opiates.</p>	2016/04/27 at 6:57 pm	#addiction #opioids #withdrawal
shaina	<p>I personally have never had withdrawals from the kratom. Now withdrawals from my Tramadol hell yes! It's hell and the worse depression and makes my pain so much worse not to mention hot and cold flashes, sweating and no sleep! I suffer from chronic pain and I'm only 25 it started major in 2013. I have a herniated disc one so far I think maybe more now I have to check, degenerative disc disease, fibromyalgia, scoliosis, carpal tunnel, and my back issues are messing with my knees and hip and sciatica is hell too. Some days I can't even walk it's horrible. And docs suck! If ur young they think ur faking even if u have tests and results showing ur problems. So kratom is a life saver! I tried it last year and order 3 times it helped so much and no withdrawals. I stopped buying because I was able to get back on my tramadol but now I'm having insurance problems so I ordered again. It is life saving and helps alot. And a small one day withdrawal is better than opioid withdrawal. But me personally I haven't had kratom withdrawals before.</p>	2016/04/28 at 10:47 am	#opioids #pain #sleep #withdrawal
blankenship	<p>I started taking kratom a little over a year ago. Im 59 years old, I broke my back seven years ago and now have alot of pain in both of my shoulders. you name it and I was on it the past 7 years for pain. I am now totally off of rx pain killers and I actually feel like I have a life now. while taking the kratom I had hardly any withdrawals from the rx pain killers. I take the Maen Da and white vien and it works good for my pain and gives me energy. I sleep better than I ever did on the rx painkillers. So I recommend kratom to</p>	2016/05/02 at 8:30 am	#opioids #pain

	anyone who has pain....It's a life savor so don't hesitate to try it...I've had two surgeries on my stomach and was worried about how it would effect that and so far I havent had any problems. I hope I never do because kratom is the best thing that ever happend to me		
Matt T	Just had my first Kratom experience. I took about 2.5 teaspoons of Mojo Bali. Idk how it compares to others, but I'm waiting another shoulder surgery and referred to pain management, so I'm stuck in between, and ran out of my prescription Norco last night. I was starting to feel like total hell, and in a short time, I feel great. The withdrawals are gone, my pain is under control, and I feel great mood wise.	2016/05/03 at 6:55 pm	#opioids #pain #withdrawal
Johanna G	Maeng Da is my personal favorite. I stopped opiates almost 2 years ago & haven't looked back. I generally take 1/2 tbsp every 4-6 hours to manage pain and balance every day stress. Somewhat euphoric, MD gives you lots of energy and great pain relief. Note: white & green strains are more stimulating/energetic vs red/brown can be more relaxing. The more you take, the more sedative it can be.	2016/05/03 at 11:07 pm	#energy #opioids #pain
Carly Harp	I have suffered from pain related to MS and Fibromyalgia for roughly 8 years. I discovered Kratom this past January and am absolutely amazed at how well it works. My go to strain for pain is Red Bentuangie. I take it three times per day mixed with other strains. In the morning, I mix with white Sumatra or white Maeng Da to give me a boost of energy and pain relief. In the afternoon, I mix it with Green Bali or Green Malay for a mild boost and pain relief. And at night I mix it with red Sumatra or red Bali to help me sleep. I usually take 2-4 grams per dose and each dose lasts me around 5 hours. I make capsules as my swallowing ability has been somewhat compromised because of the MS so I can't handle the texture or taste...It has truly been a miracle for me.	2016/05/16 at 3:03 pm	#pain
Danny	If you ever want to get off of opiates/pain killers, maeng da and bali are the way too go. Still got night sweats but only for a few days. Other then that I experience basically no	2016/05/19 at 9:49 am	#addiction #opioids #withdrawal

	withdrawl symptoms and that is after years of painkillers. I did notice though you can get withdrawals from kratom but far less severe and it is easier to taper down.		
Matthew	<p>kratom is a miracle...between work and two small children to care for, my wife and i have no health insurance either..(we who have been suboxone patients for years, admittedly the therapy has saved our lives in itself regarding the suboxone, we go about it honestly and are extremely serious about our recovery). however neither of us want to be on suboxone for the rest of our lives, this is merely a personal choice mind you, some folks may need to remain on subs for a loooong time, everyone is different, unfortunately our choice is financially motivated more than anything, and the kratom has worked wonders, absolute blazing wonders in helping us to titrate, lower, and even skip our doses of suboxone on occasion, and its been a beautiful thing. but like anything else in nature, this gift must be respected, and it will take you a long way in its benefits. 2-3 grams of a red vein strain in the morning allows me relief from my suboxone for up to a whole work day, (sometimes an extra gram or two during the day depending on my metabolism at any given time, for it is quite high) and roughly 4 grams in the evening....someday ill part ways with suboxone and live a truly free life thanks to this miraculous piece of nature, until then i will take it slow, slow as i can go in fact and i recommend the same approach to anyone....no sense in taking things to fast and wreaking unnecessary havoc or stress upon the body.</p>	2016/05/19 at 10:36 am	#opioids
Bob	<p>as someone who spends \$300 a day on opioids. 10 to 20 a day is the difference between losing my house, going broke, & breaking the cycle of crushing up a pill. I have heard zero bad effects of this plant...I spend \$20 today instead of 200 or more. & I still have 2/3rd of it left. & instead of missing work I put in a full day no problem. There is no buzz if done properly...This plant has saved a half dozen of my friends from certain death. Take that away from us & more drug deaths,crimes, & addiction will follow</p>	2016/06/01 at 3:47 pm	#addiction #opioids
Cullen	<p>my supply of oxy has recently dried up as well, I have had kratom for some time just in case I did have my oxi halted. It is a miracle. I bought vitamin c capsules, emptied them and put the kratom in. 4 caps (or less depending) in the morning and 4 in the</p>	2016/06/07 at 3:40 pm	#energy #opioids #withdrawal

	afternoon and NO withdraw at all. as a matter of fact, it is very similar to oxi. Gives me energy and euphoria.		
Tom Y.	I felt my life was never going to be normal again after using prescription opiates for many years (all legal from back surgeries) and I wanted my old self back that I had before becoming "Opiate Zombie". Kratom got me off opiates completely and I look forward to going into work again I'm more productive, focused and find myself actually talking to my employees when I'm at work and getting back those relationships we had before I fell into the opiate hole. I take my burn first thing in the morning and I'm good until after lunch when I'll do a smaller burn with some OJ to finish out the workday and then when I get home I still have enough euphoria to take care of whatever it is I need to do at home, mowing or playing with my dog (he likes the old me also). Bottom line is "Kratom" has given me my life back, personally and professionally so it is a miracle because I thought I'd never be normal again but life is great!	2016/06/19 at 6:57 am	#opiods
Heidi	i used morphine 11years for pain. The day after i decided to quit, i was in awful pain, i tried about one tsp. of red vein maeng da kratom for the first time and 45 minutes later i began feeling better! I was shocked as i hadn't expected it to work! The red strains work best for pain	2016/06/19 at 7:16 pm	#opiods #pain
Jane	I find the Red Bali to be quite energizing (and focusing) among with the euphoria. It's really amazing. Takes approx 20-30 min to kick in. It's not good for bedtime, but great for morning and work. Still experimenting with white and green strains. I use it for depression and anxiety, not pain, but appreciate that added benefit.	2016/06/19 at 8:47 pm	#anxiety #depression
Luke	I discovered kratom about a year ago when I was on the brink of destruction with alcohol. It has changed everything about my life, from giving me motivation and energy, to helping me sleep all the way through the night. I was taking...extra strength capsules (which give me a very strong euphoric/energizing effects)...With the help of kratom And other herbal (natural) medications I have been sober for over 200 days. It is truly beautiful that nature provides us with these tools!	2016/06/24 at 11:01 am	#alcoholism #energy #sleep

John Lesh	I suffer with chronic pain from arthritis and Kratom is so far the only thing that gives me any notable relief... I take 4 grams in the morning with my coffee and then 2 grams every 4 hrs. At bedtime I take 6 grams and I sleep wonderfully. I do however recommend that when you aren't getting the relief to take a couple days break from the Kratom instead of upping the dose because you don't want to get a tolerance and taking too much will nauseate you.	2016/06/24 at 7:53 pm	#pain
Alice	I take 2 capsules a day and that is all. It has been that way for 3 years. My pain is helped. It may not feel like it did in the beginning, but it still relieves my arthritis pain	2016/07/04 at 11:54 pm	#pain
Lynn	I was on 100 fentanyl patches for over 20 years. I went off starting last fall. You need to do it under a Drs. Supervision and go down in small increments. I went through 4 1/2 months of horrible withdrawals. It was pure hell and after being completely off, it takes your body approximately one year to adjust. Pain and not sleeping is the problem now. Had I found Kratom sooner, I honestly believe that it would have really helped with the transition off of fentanyl. I'm thrilled that a friend turned me on to this product. It's a life saver.	2016/07/06 at 6:09 am	#opioids #withdrawal
Leandra	<p>I'm on day 54 of no methadone. I was on 55mgs steadily for 4 years. I tapered 5 a week till I got to 10mgs, then I dropped daily, 987653 to 0. I got through the initial withdrawals with just cbd hemp oil, then at day 15 my kratom came in the mail. I WISH I would have known about it SOONER! It would have helped so much! I've tried all the strains except a white vein strain as I was worried about the stimulating affect giving me more anxiety. I found the best strain would be ANY red vein strain for withdrawals. I'm still using kratom for PAWS. And now I take a green vein strain as it gives me energy. Green vein strains are very good for helping with PAWS. It'll give you the energy needed to continue living normally. I felt so heavy like I had extra gravity on me, and absolutely no energy. The green vein Bali takes that completely away!!</p> <p>But yeah, for initial withdrawal definitely a red vein. Also CBD oil REALLY helped in the beginning. Kept the anxiety and pain at bay, but I had to take ALOT of it, I was dosing every 2 hours.</p>	2016/08/03 at 7:34 pm	#opioids #withdrawal

Marnie	I have had issues with chronic pain, and dependency on opiates. The last time I came off opiates, I used gabapentin (you need a prescription for) and Kratom. I had NO withdrawal symptoms. I have been through horrible withdrawals in the past, and I can't say how much this combination helped me.	2016/08/04 at 4:21 pm	#addiction #opioids #pain #withdrawal
JEREMY R PARKS	I had been in methadone for 6 years for back pain from a car accident. I decided about 2 months ago that I was done taking it, so I tapered on my own from 50mg at 5mg a week or so. I took the last 5mgs i had last thursday. I was hurting but okay on Friday, but Saturday I started having withdrawals. Sunday I went down to a cigar shop and bought some Kratom just to see if it would help. I will tell you one thing, it does work. I have had no real feelings of withdrawals at all, since starting Kratom. I can take 4-5g in the afternoon, and not need to redose until the next afternoon. When I did go through withdrawals, the best way to describe them is like my muscles would just shake. Imagine having Restless Leg Syndrome but over your whole body. The Kratom helps so much more than I ever would of thought. Since getting hurt 6 years ago, I would get no more than 1 to 2 hours of sleep a night, even taking the methadone. Since I started Kratom I have slept a full 8 hours, so now I am well rested but more tired during the day, because my I am not used to actually sleeping. My plan was to only use it long enough to keep the withdrawals at bay. But I may use it sporadically after then.	2016/08/16 at 7:28 pm	#fatigue #opioids #sleep #withdrawal
Anonymous	I took Tramadol for 6 years. I received therapeutic results with just half a tab, with a max of 1 tab per day. Any more than that and I would have bad side effects. When I switched to Kratom, I started with half a tsp, which was enough to receive therapeutic effects. If I had taken what they suggested, I would be so sick and would not have realized the benefits for me.	2016/08/31 at 11:46 am	#opioids
James	I detoxed off methadone twice and suboxine once. This last go around I decided to just Quit methadone Instead of tapering, as i found the taper is more of a dragged out torture session Instead of taking a couple weeks to be done with it. KRATOM...and Imodium worked wonders, I literally got 100grams of mixed red strains and took my last dose Feb 20th 2015 which was 105mg of methadone, the drive to my clinic is more then an hour away which I spent 4 years commuting to. The next morning I woke up	2016/09/08 at 11:50 am	#addiction #opioids #withdrawal

	<p>took about 10 grams of red vein Thai which didn't really break through the methadone but definitely unequivocally took away withdrawals. I did notice if I took 3-5 grams every 3-4 hours I was in a better spot. The thing about Imodium is you have to take a high dose for it to be impactful and I found myself really dehydrated to the point where I would only take it before bed when I mentally thought i was going to get the restless legs. I'm thinking now that maybe kratom alone would of sufficed. Needless to say I've been clean from any opiates since feb20 2015 and I owe it all to kratom. The best part about the whole process is I took kratom every day for 21 days ranging from 20 grams when methadone was still coming out of me down to 3 grams toward the end of the 21 days and I felt no withdrawal from kratom at all. I'm back because I heard about all the regulation going on with kratom, it's a shame because it managed to help me get clean from years if opiate abuse</p>		
keith	<p>I have broke my ribs several times and tried all types of pain pills, but anyone that has been through this knows they will not kill all pain. (beside killing your liver) I was turned on to kratom red vein and tried it, I was amazed at how well it worked for the pain, and also gave me energy. I am a aircraft mechanic and was able to work with 2 broken ribs, still some pain but was able to work!i will state that this stuff is a , god send and recommend it to anyone!i usually take apprx. 1 1/2 tbs.in morning and same at noon, and good to go the rest of the day. ihave had no side effects,and am truly happy with results</p>	2016/09/10 at 1:57 pm	#energy #opioids #pain
Kay H	<p>I use Norco for a couple weeks, then go off it using Kratom. I have no side effects from going iff the Norco when I take the Kratom. I go back and fourth to avoid dependency. I am having surgery soon and after hope to not need need either. But in the last year it has been a lifesaver to me. I take 3 capsules of green bornea and 3 wildcraft in the a.m. A total if abour3.5 grams. Occasionally the first few days I made need an dose after lunch.</p>	2016/09/10 at 6:09 pm	#addiction #opioids
Vi	<p>I have serve pain and major back problems too. So i know the maeng da strain might be good for u. It helps me out alot and yes i rather take that then adderall any day. The pain is gone for a long time u dont havr to take so many meds to help the pain. I dont</p>	2016/09/14 at 10:59 am	#pain

	have to take pain meds just the kratom and it helps all day. And taking a small about before bed helps u with pain as u sleep. So u wake u good and not in pain.		
Whiskeyred	I would say Maeng da green. It seemed to be well round as far as pain management, it isn't sedating in my experience, great for depression and anxiety as well. Of all the varieties I have tried it seemed to be a well rounded medicine for almost any ailment I can think of. I a faced paced physical job and Maeng da green is able to stop my migraines dead in their tracks while keeping me clear headed, energetic, and jovial.	2016/09/16 at 5:41 pm	#anxiety #depression #mood #pain
Kerry triacheff	I have used Kratom in the past. I had a very relaxing euphoric type Kratom that helped me with Tramadol withdraw.	2016/09/17 at 10:54 pm	#opioids #withdrawal
Anastasia	I am actually a small 5'2" woman who has to take 10 grams, I have a gene mutation that does not process supplements, meds, or vitamins. That is actually why I tried Kratom, because pain meds weren't working for me. Kratom has helped me tremendously! I agree with start small and go up an ounce at a time. The first time I tried Kratom, I took too much and got sick.	2016/09/28 at 4:57 pm	#opioids
S.H.	<p>Kratom is a miracle plant for some. It was for me. I was a long term Norco/Vicodin addict who used Kratom alone to taper down from 15 Norcos a day to none in 4 days. I had virtually no withdrawal effects.</p> <p>I had tried subutex, suboxone, been given benzos (far worse than opiates), tranquilizers and went to rehab. None of those things worked. Kratom worked. As a committed opiate addict; if Kratom is an "opiate" I certainly never got addicted to it. I used it for 14 days. The exact same dosage, of the exact same strain for 14 straight days and stopped. I did not have a single desire to continue to use Kratom afterwards.</p> <p>Kratom, just like everything, is not for everyone and there will certainly be those who will abuse it like everything else in life. However, I can only speak for myself. If used</p>	2016/10/04 at 12:10 am	#addiction #opioids #withdrawal

	properly and with respect this plant has the possibility of freeing the every grower number of opiate addicts out there.		
James	I can't believe that I am no longer craving opiates. For 7 years all I thought about everyday was how am I going to get my fix today. After 1 month of kratom I have not had a single thought of using. The kratom has healed me from my nasty opiate addiction. I usually take about 10-15 grams a day. One dose in the morning, another in the afternoon and then 1 more at nighttime. I've never felt better. Kratom is a god send. I'm thinking daily that I'm finally on the path of healing. This plant is saving lives and will continue to do so. Thanks for all the support and great people that are on my same path. Kratom has saved my life!!	2016/10/04 at 8:25 pm	#addiction #opioids
Stephanie	<p>I discovered kratom several months after coming off of 10 years of heroin, vicodin, morphine (whatever the hell I could get), suboxone when I couldn't get those, and 14 years of xanax. I had terrible PAWs, post acute withdrawal syndrome, that just would not go away. Diet, exercise, vitamins, nothing helped. Kratom has saved my life. I have always suffered from major depression -since my early 20s (I am 50), and I do have chronic pain. kratom alleviates much of my pain, so that I do not need opiate pain killers. It gives me energy without caffiene jitters or anxiety. It works far better for depression than any medication that I have ever been on for that purpose. I am devastated that they are trying to schedule this alongside heroin, LSD and peyote. I hope we can stop this.</p> <p>PS: I take a fairly hefty dose of 7-10 grams of kratom a day, maeng da. I take a week to 10 days off about every five or 6 weeks.</p>	2016/10/06 at 4:40 pm	#addiction #anxiety #depression #opioids
Sting Ray	<p>I take 10g of Red vein Bali Kratom twice a day to treat my high blood pressure/hypertension.</p> <p>High blood pressure is hereditary with me and has to be maintained. Untreated high blood pressure can lead to organ damage, stroke and heart attack.</p>	2016/10/10 at 2:31 pm	#anxiety #depression #mood

	<p>I have used 5-6 different BP meds in the past 10 years, they all have bad side effects for me, I hate them. But I had to take something because there were no other alternatives.</p> <p>I searched online for herbs or anything that could lower blood pressure...I discovered a discussion board where someone was saying they had to reduce their intake of 'Kratom', because it was making their blood pressure go too low.</p> <p>This caught my attention.</p> <p>I researched Kratom and found many people use it for pain management and anxiety.</p> <p>I finally ordered some. At first, there was no effect (1/2 capsule). But after increasing the amount I began to feel a difference.</p> <p>My BP readings averaged 192/101 – 198/107 on an average. Usually higher in the mornings.</p> <p>Since I started taking Kratom, my BP numbers have been from 117/65 to 125/78.</p> <p>Kratom literally is saving my life. I feel better. Short temper, anxiety and depression has lessened noticeably.</p> <p>I understand it may be banned. I will not stop taking Kratom. It is my medicine.</p> <p>I still think 'Kratom' seems like a sinister name for such a beautiful natural remedy for so many human ailments.</p>		
Ed (2 comments)	<p>I have been a daily user for about three years. I am diabetic, and suffer from neuropathy. However, Kratom has certainly done more for me than help alleviate pain. I am certain it has helped my depression, and I mean a lot! Also, my focus issues are much reduced. I am a fan, and I am happy that it will remain legal for now. My hopes are it stays that way... Kratom's ability to help people either overcome, or at least properly manage, many different conditions that hinder a good life is astounding. I think as it is studied more in the coming years, many great things can come from its use.</p>	2016/10/15 at 12:38 am	#depression #pain

	I, too, I have put down the bottle for close to a year. Thank God.	2016/10/15 at 12:55 am	#alcoholism
Pamela Hogan	I was on 300mg of morphine per day(rx) moved to WA state in October 2016 and was cut off completely, resulting in massive grand mal seizures and hospitalization. Then my partner heard about Kratom. After nearly dying, brain damage and untold pain Kratom set me back on the road to the one thing I wanted....a "normal" life.	2016/10/16 at 7:52 pm	#opioids #pain
Pantopon Rose	Kratom has lowered my high BP as well!..I'm a nurse....I am happy to see someone discuss the benefits of Kratom for hypertension. I had read that it does help. I hate taking any type of pharmaceutical but I was diagnosed with heart failure!!! So I do take CoReg for that and my BP was running 190's over 100's!! I was on Lisinopril 40mg and it was still high. My ❤️Dr wanted to add another pill for BP. I started monitoring my BP from home and my readings were amazing. I even went without my lisinopril for a week and it was still good (122/70's) sometimes lower. It HAS to be the Kratom. I do take it everyday for anxiety and insomnia. The BP meds just drain the life out of you so I hope we can get more people to bring up Kratoms benefits on BP AND blood sugar (it is suppose to be good to lower blood sugar in diabetic patients)	2016/10/17 at 9:39 am	#anxiety
suzanne	I am 47 and in constant pain, only relief was a pain pill. I wasn't an addict but I was dancing on the edge. I could go without but then I would be in sleep depriving pain...Maeng Da strain red vein...I buy the leaves, grind them myself and slug 2 teaspoons down with milk 1st thing in the morning and my ONLY regret is that I did not know about this YEARS AGO. I just did all day physical work and my back hurts, took some kratom, but I wouldn't been able to do this without kratom...it's a plant a friggin plant that terrifies the drug companies...added bonus was NO withdrawal when I switched....I would get flu like symptoms for 2-3 days and then..well then I would be in pain when I would stop taking vicodin.	2016/10/17 at 5:27 pm	#addiction #opioids #pain #sleep #withdrawal
jenn	speaking from my experience with taking kratom to wean off of opiates.. I had to take around 10 grams at the least every day until withdraws got better...Kratom has helped	2016/10/21 at 5:34 pm	#addiction #anxiety #depression #opioids #withdrawal

	me kick opiate addiction and manage my severe depression and anxiety.. Also I have terrible back pain and kratom has helped tremendously!		
ReneeA	I used to take opiates and consider myself an addict even though I do not take them anymore. If I did I would abuse them. Thanks to kratom I don't think about opiates for pain and or the feeling...Sleep is a godsend when having withdrawals. Kratom helps with taking the edge off.	2016/11/09 at 4:20 pm	#addiction #opioids #pain #sleep #withdrawal
Roy Belletete	<p>I was in horrible pain in my facial area caused by something that no one could figure out. I had everything checked out including taking three MRIs with and without contrast to find the reason for the pain. No one could figure out what I had from five doctors and specialists. Without a diagnoses I could not be referred to a pain doctor nor could they suggest any treatment.</p> <p>So for one year every four hours around the clock I took all three major forms of Over The Counter pain pills. Acetemetephan, naproxen sodium and Ibuprofen. Three to four of each every four hours and I know that is WAY more then the directions suggest and beyond safe. My stomach was a mess and I was quickly on my way to a bleeding ulcer. I didn't care! Without the OTC meds I would sometimes scream in frustration because of the type of pain, my quality of life was a one and my nice friendly personality changed to a short tempered sharp spoken jerk.</p> <p>I tried Kratom and it removed ALL the pain within a couple days. It increased motivation and changed my world. And it's a freaking plant alone, no weird man made medicine or creation in a laboratory. It is not a recreational drug and does not get me 'high'. That idea is crazy.</p> <p>Some natural easily grown plant has given me back my life and the side effects of the pain being removed is more energy, motivation and a clearer mind. I can deal with those side effects.</p>	2016/11/16 at 3:39 am	#energy #pain #mood
George	Kratom got me off of morphine nice and easy.	2016/11/18 at 4:14 am	#opioids

Edcali	I use reds for pain but I had to try many before I found a few that worked...My lab tests are so much better since kratom! My cholesterol has never been better... I no longer need pain medication.	2016/11/28 at 4:08 pm	#opioids #pain
JP	I was a heroine addict from 2012 – 2014. Used kratom when I moved out of state to run away from my addiction. I moved to where I knew I knew no one and couldn't get it. A friend saw kratom at a head shop and it said it helped opiate addiction – IT DID. I went through w/d but only felt about 10% of it. If I would have known at the time to up my dosage I would have experienced very little w/d. I stayed off heroine for years, started on OXY 30's about 6 months ago. Kicked the habit a week ago using Kratom – felt only the warm tingles on my skin going through the W.D – I am now clean and use kratom to help improve my mood while my body gets back to normal. Kratom is a complete god send to anyone who is addicted to opiates – it takes away the w/d – it's up to you at the end of the day, to fight the WANT to get high – because it takes away the physical dependency – it gives you a real chance to fight it get clean and have a normal life again. I wish anyone fighting opiates would use this.	2016/12/05 at 7:13 am	#addiction #opioids #withdrawal
Joe hinchliffe	I should've been dead from overdosing on oxy which I was taking 20/7.5s 3x a day. I switched over to suboxone thinking it would be better and it was great until I went through withdrawal trying to come off subs they are horrible but the truth is I switched to kratom and walla I am clean and sober never even experienced withdrawal symptoms and I have been on opiates for over 10 yrs. You need to reach that breaking point like I did and know it's either death or great clean and sober feelings	2016/12/06 at 4:38 pm	#addiction #opioids #withdrawal
kealeigh	i have come off of almost anything you could name and this is so healthy and trying to get off of any substance is a step in the right direction. you just eat capsule and wait 15-25 min see how you feel keep on till withdraw symptoms are gone and then you know how much to take every day . then you can slowly lower kratom dosage. by 0.5 grams / day or one capsule less. every other day or however you feel.	2016/12/09 at 10:08 am	#withdrawal

Cam	Its true kratom is a life saver felt very little w/d from opiates i started eith bali 2 to 4 capsules and this was low grade kratom i got from a head shop.it helps with w/d so much...has to b the best tjing ive tried for w/d	2016/12/11 at 8:01 pm	#opioids #withdrawal
Kait	I have used Bali for withdrawals. Worked wonders and helped me immensely so that I could continue work.	2016/12/18 at 9:51 am	#withdrawal
nancy	I suffer from panic attacks the white strains work the best for me. It works better then 10mg of valium.	2016/12/19 at 9:31 pm	#anxiety
David	red vein kali is the best kratom i've ever used...broke my neck in 2008 in a motorcycle accident had my neck fused from C-3 to C-7 and my back was hurt too...since 2010 i've had 7 surgeries...i was on a high dose of oxycodone 20mg 1-4x's day and opana extended release 2x's a day...after 7 years and talk of upping my dose to 30mg oxycodone i found kratom and have been using it for 10 months...i did not have any withdrawal symptoms when i transitioned and my life has been awesome since	2016/12/23 at 1:22 pm	#pain #opioids #withdrawal
Josh	<p>I'm an adult who has been recently diagnosed as being on the Autism Spectrum. My original diagnosis as a child was Severe Attention Deficit Disorder. As I've grown up, my hyperactivity, depression, and anxiety have grown up too.</p> <p>I regularly take Adderall (a stimulant) and Hydroxyzine (an anti-histamine which has the effect of reducing some of the over-stimulating chemical in the brain, reducing anxiety), and I've had to come up with new coping mechanisms to deal with my symptoms. The one symptom I've been able to do nothing about is Depression.</p> <p>I've found Kratom to be extremely useful for breaking myself out of a deep depression. When all I want to do is sleep, or when I want to drink myself into oblivion, I do a moderately large dose of Kratom instead.</p>	2016/12/24 at 7:45 pm	#anxiety #depression

	<p>The dis-associative and euphoric effects can be very strong in larger doses, but even smaller doses (1-2 grams) have the effect of staving off the depression which plagues me...</p> <p>You can get really high off of the stuff too, and I do sometimes take upwards of 7 grams. Doing so sincerely helps me deal with the kind of depression I would otherwise need Shock Therapy to deal with.</p>		
DavSyl1989	One thing I can tell you. It works. I was on methadone for over 10 years. You will be pleasantly surprised. I believe it to be a genuine Godsend.	2016/12/26 at 4:47 pm	#opioids
Mike	I was a long time heroin addict...Bali is one of the best 2 come off of heroin with. Once you level out Bali will more than likely become a nighttime strand for you. I find a good green gives me a very familiar feeling that the first hour of a moderate dose of heroin gives you. the upside is you will not feel like the back-end of your heroin dose with a green. Unless you dose too high. That's going to be your key is Finding your dose there are so many factors that come into play with kratom	2016/12/26 at 5:31 pm	#addiction #opioids
Cat O. (2 comments)	i also have fibro and became heavily addicted to the painkillers i was being prescibed..i spent a few years on H after that because my tolerance to the opiate drugs was too expensive kratom has saved my life in so many ways i am no longer an addict with debilitating pain and my anxiety and panic attacks that kept me in my house for 5 years are gone i feel like a completely new person! im actually happy for the first time in as long as i can remember and pain free! i just pray and hope the fda and dea dont take away the only supplement to ever help me	2016/12/30 at 7:20 am	#anxiety #opioids #mood #pain
	Hi i just wanted to comment on here because kratom has helped me to stay clean off opiates and takes care of my fibromyalgia pain that caused me to take the opiate pain medication to begin with that ended with me on Heroin. It has also helped with servere depression and anxiety caused by going off the drugs. Its an absolute godsend. I dont know where i would be without it	2017/01/07 at 7:33 pm	#anxiety #depression #opioids #pain

Chuck Perkins	<p>I am a 65 year old man who was recently diagnosed with throat cancer, and just finished chemo and radiation. I have chronic pain issues from multiple gun shot wounds severely damaging both legs and hips.</p> <p>I've been on hydrocodone for almost 10 years for the pain. All my medical is handled by the Veterans administration so I have to live by there rules. While being treated for the cancer the nausea was horrible, so, I tried pot. I also new by using pot that the VA would stop the hydrocodone.</p> <p>I no longer need the pot and I no longer take any narcotics.</p> <p>I'm taking maeng da for the pain, works well, and need no hydrocodone.</p>	2017/01/07 at 8:22 am	#opioids #pain
pike	<p>I use Kratom cause I enjoy it. I learned about it years ago from good friend ds who have herion problems. Alot of my friends died from herion.and the ones that have made it off. A few off them used kratom. And swear on it. Almost pretty much all of them. I don't even use opiates. I drink.</p> <p>Kratom makes me not wanna drink. Do I use kratom all day everyday? No I do think want to gain tolerance. I use it here and there thru out the week. Is kratom better to do then booze? Um... yes ofcourse. No overdose and alcohol gets me in trouble and affects every part of your body and of course ur liver. Kratom is like a stronger coffee relayed to coffee with a sedative effect with the right viens and amounts.if I take over 10 grams I feel bloated and burpy and uncomfortable. So I don't. I know my sweet spot. Kratom is good.</p>	2017/01/08 at 2:52 am	#alcoholism
Lynn	<p>Green vein about 4 grams will give very good sleep. It also helped me get off of oxycodone.</p>	2017/01/08 at 12:37 pm	#opioids #sleep
Ella james	<p>Hi, I have to say that I am so greatful for Kratom. It's helped my pain and anxiety tremendously. I fractured my spine 4yrs ago and had major surgery to fuse my spine together and remove the bone shards floating around in my back. Because of this I was left with a great deal of pain and anxiety. My doctor had me on some major strong</p>	2017/01/09 at 8:59 pm	#anxiety #opioids #pain

	narcotics such as oxycontin, morphine and fentanyl patches. My body was a mess. I heard about Kratom from a friend that suffers from chronic pain. He said that he had cut his opiate meds in half and was working on cutting them out all together. I ordered some Sumatra red and green maylay, and WOW! What a gift. It controls my pain to such a degree that I rarely have to take any opiates and I am completely off anxiety meds. Kratom has literally changed my life. I have freedom from so many narcotics that kept me sick. Now I feel like me again. Kratom rocks!		
Lenny	I use Kratom for huge back pain. The best way I've found to take it is in a glass full of chocolate Insure. It is thick enough to keep the powder suspended and the chocolate flavor really masks the funky taste...There is hope.	2017/01/10 at 12:41 pm	#pain
KatDan (2 comments)	I have been using opiates and 140mg. of methadone a day since 1990 (getting old). I started lowering my dose by 5mgs. a week until I got down to about 50mg. then I went 3-5mgs. about every two weeks down to 20mgs. then I just let my body tell me when to go down. It has taken about a year, but am here to tell you that Kratom works! I am DRUG FREE as of 12/31/2017. The worst is in the morning when I get up. I just used about 4-7 grams 3-4 times a day of some great Red Borneo, or Red Bali, mixed with some White Maeng Da (for energy, since you won't have ANY!)and FLUSHED the rest of my Dones down the toilet, so the Kratom helped me to kick while at 15mgs. of Done a day, not only that but I stopped taking my Clozapam 2mg. every night at the same time!You will just have to let your body feel it out for you. I hope this helps anyone else out there, I'm a hard core addict! have been since the 80's, this is the first time I have went more than 12-18 hours without Opiates, and I feel GREAT! 11 DAYS AND COUNTING!	2017/01/10 at 1:13 pm	#addiction #opioids
	I also just got off the methadone, I slept ok if I used 7-9 grams about an hour before bed, also try using a night time sleep aid from the drugstore. I'm getting about 5-6 hours of good sleep before things wear off and up and out of bed I come!...NO ONE should ever have to go through the methadone HELL, Gimme a heroin kick any day! lol. Kratom works, just have to make sure you use enough. Us addicts usually over do everything, why not kratom??? I found a table with high, low tolerance and what you	2017/01/10 at 1:22 pm	#addiction #opioids #sleep

	should probably use. It said 7-9 grams for High so F*** it, that's where I started and it worked. Peace, and good luck, with your life's freedom again!		
Eli Groff	<p>Hey, I have been using kratom for 4 to 5 years now. Always means da. haven't tried all of them but Bali makes me sick. This stuff is amazing. What do you know.... I'm also an opiate addict. perk 30s to be exact. Kratom has been blissfully bliss in my life. Withdrawls are bearsble. it gets me go the next step of recovery every time. yes yes 8 do relapse still. So far kratom menagerie da has given me Energy, pain relief, and mood enhancer. it doesn't get me high. it gets the vibe just right.</p>	2017/01/16 at 10:11 am	#addiction #energy #opioids #pain #withdrawal
Brandon Naramore	<p>I have been using Kratom daily for about 3-4 years now. My experiences so far have been amazing pertaining to Kratom's pain relieving properties. I injured my knee at a concert and I'm a caretaker for my brother who has Spinal Muscular Atrophy. Helping my brother and having a pretty intense physical work scene definitely puts a strain on my back and knee...</p> <p>Since I live in Denver CO, I use both cannabis and Kratom. There are quite a bit of people who use Kratom AND use cannabis. I take 3 natural thai pills...when I wake up, and 3 more when I get to work at 3 pm. I work in the food industry and Kratom doesn't stop me from excelling at work with either focus or energy. I swear buy this stuff!</p>	2017/01/18 at 11:03 pm	#energy #pain
Ainedo	<p>One of the greatest things about using Kratom now for my chronic pain disease is that the opiates are not in control anymore. I have an unfortunate soft spot for them and I would run out early. Naturally this kicked off a massive pain flare in addition to the withdrawal symptoms from opiates and I was remorseful every time. I didn't doctor shop or double dip or use street drugs but I was horribly irresponsible and unsafe with my allotted amount each month. Ironically it was this pattern of abuse that precipitated me just giving up on pain meds altogether. I always had a half of a pill set aside for my pain management appointment and the day I forgot to take it was the day I was screened. Of course I was clean and even though the pain doc had specifically told me I was to use them only as needed I still had a contract that said I would have it in my system anytime I was tested. He fired me and I didn't pursue another doctor. (I was down to 2 Percocet a day when he was my doctor. Previously it had been the</p>	2017/01/20 at 2:44 am	#opioids #pain #withdrawal

	<p>OxyContin with Percocet for breakthrough pain or MS Contin with morphine for the breakthrough but I wanted to limit my access and requested far less when I saw him) It was about that time that I first learned of Kratom. I'm so thankful.</p> <p>I'll be honest, I'd be off meds and still crave them but the craving is gone with Kratom. The pain is a 2 on a daily basis instead of a 6. My flares are few and far between and I haven't been seen in an er for intractable pain and related hypertension in months. It's amazing to me. My organs aren't in danger of failing anymore because I'm dumb and can't moderate myself. I have no desire to drink now even though I didn't drink much before. I can do house work again and play with my kids. It's saved me.</p> <p>I tore my Achilles and was given Vicodin and when I took it, even if I took it wrong, it did NOTHING. No euphoria whatsoever. I've learned since that cross tolerance is the reason for that but Its not an issue because I didn't even use half. I actually disposed of them and didn't hesitate.</p> <p>I'm a bit worried about the cost eventually but I'll cross that bridge when I get there. I really can't report getting sleepy, having energy or euphoria or any of the effects that people report aside from pain control and that's okay by me. I'm scared to take more than I do because I don't want to get nauseous.</p>		
Tom	<p>I've been taking kratom for a few years now,was hooked on percocet and this was a godsend, dosing is different for different people and depends what affects your trying to achieve, also on quality and type of kratom, 1 to 5 grams for stimulation, 3 to 7 grams for pain relief, always start lower and see how it affects you and slowly increase to achieve desired affects,make sure you find a quality supplier with a good review history, remember this isn't opiates so you won't get as high from this but it does work,</p>	2017/01/22 at 10:28 pm	#addiction #opioids #pain
Amanda	<p>I have chronic pain and anxiety without my Kratom..</p> <p>With it I am a efficient functioning member of everything I want to do.</p> <p>I started out with 8g a day 2 – 4 times a day. I can feel my pain come back when it's wearing off but my head is able to deal with the pain cause of the Kratom....</p>	2017/01/24 at 2:25 pm	#anxiety #pain

	<p>I'm now at 12g 2x a day of gold maeng da.</p> <p>Before bed, I may have another tea, but only 6g or so...</p> <p>I've been taking g Kratom now since Aug 2015 and I am so grateful for having a life because of it.</p>		
Ty Ford	16 year IV heroin addict. I was able with a Red Vein to not only quit heroin but all opiates and non narcotic pain meds. I smoke less cigs and now enjoy my life. This medicine will save your life. The question is are you ready?	2017/02/02 at 6:33 pm	#addiction #opioids
Jerry Woodrow	I've been taking Kratom for 2 years now.. I suffer from fibromyalgia, carpal tunnel and severe RA.. I was prescribed 30mg Oxycontin.. I started out with 10's and over the years graduated to 30's.. After over 10 years of either vicodin or oxy's the feds change the laws on dispensing opiates. My Dr. decides that he's going to start me on Methadone.. I told him there was no way I was going on something like Methadone.. I started looking for alternative medication..of the non pharmaceutical variety.. I accidentally stumbled onto Kratom. I was fortunate to have found a vendor who was helpful and honest...I change strains dialy. I have found several strains that work great for me and I have never had a problem with the loss of effectiveness.. I have ran out before and the worst problem for me was a headache that went away for the most part by drinking strong coffee..	2017/02/06 at 6:12 am	#addiction #opioids #pain #withdrawal
Tracy Caswell	I take red maeng da for my pain I have a crushed vertebrae and this works awesome for it ...it also helps with the depression from the pain and gives me some energy...	2017/02/06 at 7:29 pm	#depression #energy #pain
Marla Ashby	I drink Kratom tea for my pain and its safer and works better than big Pharma shit. Kratom is saving lives and giving relief to so many. When people don't understand that we don't get high or try to get high. Yes you can build up a tollerence to it just like coffee but you don't have withdrawal thst can kill you. Kratom rocks!	2017/02/08 at 11:34 am	#pain #withdrawal

Been There	Kratom is a godsend to us opiate addicts. I'm 4 months clean and find that maeng da is what I prefer to give me energy. You know how doing anything is a struggle and you have no energy? Maeng da helps. I also like to switch strains and white Borneo is my other favorite. Some strains are relaxing, like Bali so try that at night to help you relax and sleep, but be aware that while you're in the first week of detox you will be agitated and tachycardic pretty much no matter what you do. Hot baths are your bff during the first 10 days.	2017/02/08 at 2:55 pm	#addiction #energy #opioids #withdrawal
Moosedog6	I [72 YEARS OLD]destroyed my shoulder joint and had to have total reverse shoulder replacement and was on opiates 2 years before surgery and 6 months after... to avoid withdrawals dr put me on suboxone titrating for three months. However, once I stopped suboxone , i went into severe withdrawals: body twitching arms and legs flailing ... I was freaked.... got through that [3 -4 weeks] but still felt awful then I found kratom and started to take MAENG DA every day and once again I felt normal. I never had to increase the amount [4-6 capsules]... in the meantime have found that Bali and Malay are even more effective ... closer to opiates in structure plus add a bit of euphoria... healing vibes to your da, I feel his pain.	2017/02/09 at 9:52 am	#pain #opioids #withdrawal
kathy A smith	I, too thought subs were a life saver, until... There my worse nightmare. I've been using the red vein Maeng Da, and I feel great. I've wasted so much time and money on Suboxone and I'm sorry the day I ever started them. Like you, I've reached my breaking point.	2017/03/13 at 4:53 am	#opioids
Jeremy	Im using kratom to come off methadone.you know morning dose, afternoon, and night.my doses are usually 5–6 grams. I may use a lil extra if i have to go out n about.i still feel the w/d from the methadone but its not as bad.im thinking a bout grabbing some kava kava tii. Untill next time recovering addict.	2017/03/14 at 4:59 am	#addiction #opioids #withdrawal
mike	I use kratom every day for severe back pain in upper and lower spine... I have every day level 8 pain and the bad days is level 10 pain. I use cap-em-quick pill maker with 00 capsuls and make my own. I take 4 grams when i get up at 7 am then again at 1	2017/03/14 at 4:12 pm	#pain

	pm and again at 7 pm upping the dose by 1 to 2 grams every time. So 4 grams at 7am, then at 1pm 6 grams and 7pm I'll take between 7 and 8 grams every single day. This reduces my pain level to almost nothing. My quality of life is 99% better than when I was taking prescription pills.		
Narcotic free at last	I was introduced to kratom by a friend while trying to kick the habit of everyday use of narcotics ranging from Percocet, Vicodin, and Irtab. I was taking anywhere from 6-10 10 mg tabs a day. I did not like the way it was making me feel and the person that I was becoming (short tempered, agitated). Not to mention the expense and the guilt I was feeling. My first purchase was the Maeng Da and I was totally flabbergasted that this stuff was available legally. I had many periods of withdrawal prior to discovering kratom and anyone who has had a narcotic addiction knows exactly what I'm talking about. I am now narcotic free and take 1/2-3/4 of teaspoon 1-2 times a day mostly for the energy effect. I would swear by this stuff. Please if you are trying to kick narcotics, try kratom. You won't be sorry.	2017/03/21 at 8:53 am	#addiction #opioids #withdrawal
ckey Mc	I was clinic prescribed Suboxon aka Zubsolve for 14 months. Being as they are opiate blockers, I was not getting high from either, so I had no CLUE how sick I would become on my 3rd day here. If I had the energy at the time I surely would have drove back to MD to get Something !! Anything!! But by the Grace of God!! I found kratom on the web. Never heard of it before. But when I walked in the smoke shop and told the lady how miserable I was she knew exactly what I needed. I've been taking Red Horn Kratom for 6 days now and I haven't felt this good, confident, strong and emotionally together in 20yrs. Now thanks to Kratom I'm ready to start my new life!!	2017/03/22 at 8:00 am	#energy #opioids #mood
Brenton Campbell	It's a world away from the poison Oxycontin. If you don't feel great just take more, people say it helped... It doesn't help, it all the way fixes it if you take enough. I went from curled up dope sick from heroin to feeling as good as I do on dope but not all fucked up.	2017/03/24 at 3:21 pm	#opioids

Beverly OMalley	<p>Also using Kratom for chronic pain. I mix it with a small amount of water until it is all wet and just down it quickly. I have heard others use applesauce or mashed banana to get it down.</p> <p>I have been able to reduce oxycodone dose by 75% with no withdrawal (it wasn't working anymore anyway)</p> <p>Started with 2 gms and now take at least 1/2 tablespoon 2-3 times per day and over a tablespoon at night which really helps with sleep (red vein variety). This plant is doing for me what I though marijuana would do. It just evens things out from a pain perspective but does NOT affect my intelligence or motivation in any way. (Prior to becoming extremely allergic to cannabis it made me very depressed and very stupid).</p> <p>Now I have hope that I will see the end of regular opiate use. Using Kratom allows ME to be in control. I do NOT have to be under the control of someone else as a gateway to my medicine. When and if I decide to come off it I can manage it myself...no more pain clinic.....no more doctors ...no more contracts/agreements....no more urine tests etc.</p>	2017/03/25 at 11:54 pm	#opioids #pain
rock	<p>If ANYONE is on subs, this is the only thing that will get you off of them. 5 years of snorting them- Kratom saved my life and took the awful w/d's away. Bali is the best for this- good luck</p>	2017/03/29 at 10:37 am	#addiction #opioids #withdrawal
Lindsay	<p>I've been hooked on opiates on and off over a decade and on Suboxone over 2 years now. I was so scared to get off it because I had been through withdrawals before and it's absolute hell but I decided to just get it over with. I had read about kratom and decided to try it but wasn't expecting much. After a quick taper I'm on my fifth day without the suboxone and taking kratom and I can't even believe how great I feel. I wish I knew about it a long time ago. I think a lot of people stay on opiates to avoid withdrawal like I did but we don't have to. No wonder our pharmaceutical companies-owned government wants to ban it! I can't recommend it enough it's seriously a miracle.</p>	2017/03/30 at 11:57 pm	#addiction #opioids #withdrawal

David (2 comments)	New to Kratom Myself, 1st time use about a month ago. Tried to research the different strains and their effects. my primary interest is opiate withdraw also..I'm 6'0", 200lbs 57 yrs. i dose with 3 level Tsp, 2 to 3 times a day. (it was a shot in the dark actually) but it works well for me. no withdraw, no chronic pain, acute ? yes but i can handle acute. lets me know my bodies limitations. These strains are strong first couple of doses. i very much agree with moderation advice.	2017/04/05 at 7:46 pm	#opioids #pain #withdrawal
	i suffered chronic pain@anxiety for more than 15 yrs. Drs.only prescribed me pain @ anxiety meds.i believe too have worsend my condition.through. a friend i learned about Kratom. I feel better now than i have felt in 18 yrs	2017/04/08 at 5:50 am	#anxiety #opioids #pain
Kristin	First off, gratz on quitting the booze! I am a year off it and if it weren't for kratom, I doubt I would have succeeded...I take exactly 1 tsp of the MD about 30 min to an hour after waking up on an empty stomach and then eating about 45 min to an hour afterwards. I'll take a half tsp of the slower vein (like the yellow) about 6-8 hours later and I'm good to go! No booze for over a year doing it this way. At first the withdrawals were almost unbearable	2017/04/12 at 1:35 am	#alcoholism #withdrawal
Gigi	I was on subs for a long time for back pain. They were the only thing that helped kill the pain. When I got pregnant and needed to get off all opiates, kratom was a life saver. I wouldn't wish the withdrawal effects of the subs	2017/04/18 at 11:00 am	#opioids #withdrawal
Debra	I am doing absolutely fantastic! I got through withdrawals without skipping a beat-worked every day, slept at night, no restless legs. My biggest issue was my body temperature. I could not keep warm so I had to keep a heater on me at work and keep my heat cranked at home. So I am still doing kratom- mostly greens and a few blends that have every color strain in them. I don't worry about being dependent on it because it's better and cheaper than all of the oxy's I was taking. When I take my doses every day, I just think thank you, Mother Earth, for providing this wonderful plant that I can take instead of opiates and still feel good. It has been a lifesaver to me.	2017/04/22 at 4:05 pm	#opioids #withdrawal

TheQueenB	I am currently using Red Bali to come off a 3 yr sub rx. Started subs after leaving pain management bc I was tired of being married to the pills. I traded one for another with suboxone tho. Tired of taking that as well I researched and found kratom. Bali, so far, is the ONLY thing to rid me of my worst w/d symptom: RLS. It's a life saver for sure	2017/05/03 at 7:22 am	#opioids #pain #withdrawal
Simon	After trying kratom. I was surprised by effects. I was prescribed Demerol.,dilaud ,and high doses of oxycodone for serious pain. When I used kratom it helps with the withdrawals of all prescribed pain medications. This is a serious relief if you don't want to have to chase the dragon. By doctor prescribed addictions. Could this be the answer to our nationwide or even global opioids addictions?. I would have to say yes it would.	2017/05/07 at 3:36 pm	#addition #opioids #pain #withdrawal
Mary	After taking naproxen, soma and vicodin daily twice a day for the past 3 years I was desperate to get off all the pharmaceuticals. They were barely taking the edge off my pain and I was becoming increasingly worried about what they were doing to me internally.A friend suggested I try kratom so I started taking it for my pain about 2 months ago and have found it to be the best thing. It not only helps eliminate my pain and give me more physical and mental energy, I feel better knowing it is natural. I am a bit concerned about my daily use though. I keep reading that it shouldn't be used but 2-3 times a week. I've only tried the Maeng da since it does what I need and I find the effects last from 4-6 hours... I'm very in tune to my body and feel good about the kratom.	2017/05/11 at 1:57 pm	#energy #opioids #pain
Eric Pierce (2 comments)	It suffer from arthritis however I do know many who do use kratom for this purpose... I personally Take 4-6 grams for my desired dosage but most people measure with Tablespoons ...I am dependent on it since I use it for bipolar and depression	2017/05/15 at 7:28 pm	#depression #pain
	I've been using it for joint pain (don't know if it's arthritis yet)and a torn tendon and it works quite well for me. A nurse recommended .5 grams per 25 lb. of body weight and that dosage seems perfect.	2017/05/17 at 8:01 am	

Calem Philbeck	Right here with you, it was the only way I could get off suboxone as well. It had horrible side effects mentally for me, the year and a half I took them I was very suicidal. Also the wd's we're worse than heroin for me. Kratom has been a blessing to my life, to say the least.	2017/05/20 at 5:01 am	#depression #opioids #withdrawal
Marie (2 comments)	I used kratom for my suboxone withdrawal. I was taking 3 or 4 8mg strips a day. That medicine builds up in the system so it took me about 2 weeks before I actually experienced kratom like it's intended. With that said, when you are in withdrawal, you will not notice the benefits, but you will get relief from withdrawal. It knocks out about 90% of it. Stick with it. Whites for energy, reds for pain and green is in between. I continued kratom because after much research and experience, it's been one of the best things I've ever discovered.	2017/05/20 at 5:58 am	#energy #opioids #withdrawal
	I was on suboxone for years and because of the long half life, my withdrawals lasted a long time. I was taking 3 or 4 8mg strips a day, which only 1.5mgs is roughly equal to about 60mg morphine. Onset was about day 2-3 and it lasted for 2 weeks but there's something called PAWS which is also a form of withdrawal, just not on as much of a physical level. You can still experience lack of energy, pain, and insomnia 30 days later...Kratom helped me tremendously. I stopped that much sub cold turkey and burned kratom in place, which relieved 90% of my withdrawals. Just be sure to stay on top of your dosing at first. Give or take, kratom lasts about 4 hours. The whites, more for energy and mood lift, lasts about 2 hrs. The red, more for pain and anxiety/insomnia, lasts about 4 and one of my favs, the green Malay, lasts about 6 hrs. Everyone is different and I personally recommend starting low, like 2.5 grams which is a level teaspoon on average. Toss and wash or mix in with an acidic juice is best. I like grapefruit or apple cider vinegar diluted in water, which both enhance the effects. When in active withdrawal, you won't experience the full benefits of kratom but relief is what matters at first. Any kratom will work, in my opinion...I have been burning kratom for a year and it's the best thing that's ever happened to me. Totally takes my desire for opiates and alcohol. Relieves withdrawal and also keeps me from getting sick all the time. I work around small children and was getting sick every 2 weeks with a cold. After kratom, I've only been sick 2 times in the past year. It lowers blood pressure too.	2017/05/20 at 11:58 am	#anxiety #enegry #opioids #sleep #withdrawal

Monica	<p>I was on 150+ mL of oxy switched to Suboxone for over a year, tapered down to .5ml of the subs and than started kratom, it def helped!!! I mixed mine with orange juice or grapefruit juice to help release the Alkaloids in the kratom. And also taking it on a empty stomach, or making a tea with the kratom to release the Alkaloids. I think when using kratom for withdrawal you really need to release the Alkaloids bc our brain receptors are different than someone taking kratom without ever using opiates. I really hope this helps and your able to use the kratom I also have a 3 year old wouldn't have been able to go cold turkey and care for her!!! Been taking kratom about a month trying to taper off of that now, but keep your head up!!!! The struggle to opiates is just to much and it get hold fast but by that point your almost stuck.</p>	2017/05/21 at 9:12 am	#addiction #opioids #withdrawal
toolbelt_1	<p>I was on 24 mgs of Suboxone and jumped to Kratom. I started out with 1/2 tsp and went up from there. I found that 3 tablespoons was where I stopped going through WDs and actually started to feel good again. It took another week to get my full strength back. Maeng Da will help a lot with the morning pains and lethargy! Again depending on how many years you have used opiates will have a direct affect on your dosage of Kratom. I would start with 1 tablespoon and go up by 1/2 tablespoon until you reach your feel good dosage. Take that dosage for a few weeks and then start to taper down as it will become too much after a few weeks. It takes awhile for your body to flush out opiates, at least it did for me. I took Kratom for 3 days before I found the right dosage. The effects will kick in quicker if mixed it milk as it attaches to the milk lipids quite well. The tea is most the effective and hits you the quickest. I now use gelcaps as it find it lasts a lot longer (6-8 hours).</p>	2017/05/22 at 12:11 pm	#opioids #withdrawal
David	<p>I started using kratom to deal with opiate withdrawals, used opiates for years. My experience is if you already have a high tolerance to opiates you probably have with kratom as well. Also, maybe more important, do not expect the same high from kratom. It is very mild compared to opiates and may not feel anything, but, it helps keep withdrawal symptoms to a minimum or none at all. I had to use close to 20 grams of green Malay before I felt any kind of high. But BEWARE, you can certainly have some very tough withdrawal from kratom itself as I found out the hard way. Just don't fall into the trap of taking more and more trying to get a high and next thing you know you have taken over 20 grams and setting yourself up for kratom withdrawal which is</p>	2017/05/23 at 7:09 am	#opioids #withdrawal

	pretty bad, especially the diarrhea and depersonalization, for me any way. Used wisely, kratom is fantastic for coming off opiates!!		
Mr Shakur	I wish I woulda discovered this YEARS ago! I stopped opiates once again and said to myself "I'm gonna try it" and boy am I glad I did! Didn't have ANY w/d symptoms. No RLS, cramps, diarrhea, sweats, NOTHIN! Get this if you run out of your opes	2017/05/24 at 10:05 pm	#opioids #withdrawal
Ryan	I was a heroin addict nine years and several years on high doses of methadone...kratom utterly got me off with realitive ease! I like the red veins like Thai or a green Malay but they all work great and like pot should check the Times of harvest because different strains are better at certain times of year. I also suffer from bipolar 1, add, bpd, crippling depressive bouts, and persistent anxiety all of which kratom has helped with miraculously. this is the real fucking deal	2017/06/13 at 7:21 am	#addiction #anxiety #depression #opioids
Yankee1 (2 comments)	As someone who's fallen off the sobriety train more times than I'd like to think, Kratom has been a Godsend!! Something else no one,anywhere has mentioned, but, if you take Kratom regularly, and, actually take say, some oxycodones, they will have little effect! Why? I'm guessing it's because Kratom is already flooding your brain with serotonin, thus negating the effects of the Oxys. Kratom has kept me from drug seeking because I'm already getting my fix. Also, you need to mix strains every so often – it keeps your body from tolerancing.	2017/06/20 at 4:25 am	#addiction #opioids
	I detoxed at home from Fentanyl and Oxycodones....I WISH I had known about this substance sooner! It made my withdrawal symptoms MUCH more manageable!	2017/06/20 at 7:33 am	#opioids #withdrawal
Chris	I have just over 4 years of sobriety from a horrible alcohol and hydrocodone addiction. I started taking an anti depressant not long after sobriety because I was miserable. They helped a little, but I was still not myself. Last year was the first time I heard of Kratom and after weeks of research I started taking greens. Wow! I no longer need the prescriptions. Since then I have fully submitted my life to Jesus and things keep	2017/06/30 at 12:21 pm	#addiction #alcoholism #depression #opioids

	looking up for me. Praise God for giving us this wonderful plant! Genesis 1:29 "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed: to you it shall be for food."		
Donna Newman	I am 6 yrs clean n sober. And I could no longer take the constant everyday struggle of depression and motivation and lack of joy within. I go to meetings do all the 12 step stuff and own my own business, just bought a house and have my first grandbaby.....but on a daily basis I just don't want to go on, constant feeling of hopelessness. I have know about kratom and only used it once in a very small dose. I decided I needed to do something drastic and try Kratom for my depression, and I am glad I did. It's day 3 and I only take 1 gram a day. Considering I was a heroin addict and thought that this was no way gonna work at such a low dose. I am greatful that I have had such positive results from it and have no desire to abuse it. I feel like I should feel!!! With a bit of joy and easy in my daily life. I thank god!!!	2017/07/11 at 3:12 pm	#addiction #depression #opioids
Teresa	I've been taking Kratom for about a year now. I have extremely painful arthritis in my lower back and less painful in other areas. My Vicodin one day just stopped. The Dr said NO and that was that. I was scrambling to find something to help with the impending withdrawals, my Dr just washed his hands of me. I was not abusing it although the dosage wasn't working as well as it once had. Thank God I found Kratom. It was an excellent substitute for vicodin, better even. I do struggle with depression and it even helps with that. Addicted? Yep, and I'm totally fine with that. It'll only be a matter of time before it's regulated, banned, etc. Big Pharma can't have something from a tree taking \$\$ from their pockets. I hope I'm wrong.	2017/07/15 at 2:37 pm	#addiction #depression #pain #opioids #withdrawal
Damien	I suffer from severe anxiety, depression and chronic back pains due to two slipped discs. Pain meds and antidepressants and such, never worked or only worsen my state. I take the Red Strain of Keaton, have been for three years now. And I feel like a whole new me. I can work, function normally and there are no side effects. Best stuff ever. Give it a try. I drink it in coffee.	2017/07/18 at 10:47 pm	#anxiety #depression #opioids #pain

Carrie	I also have fibromyalgia and degenerative disc disease (lower spine). The only remedy that alleviates my pain is kratom. I find the Red Vein Bali strain is the best for pain. I use either the leaf or powder and brew it into a tea. I don't know how I could manage without kratom. Without it, I would be in constant pain and forced to collect disability.	2017/07/19 at 5:27 pm	#pain
Captain kratom	Three teaspoons seems to work just right for me(200 lb male) even two teaspoons will work. I Use green maeng da in the morning and red bali at night for rheumatoid arthritis relief. The dose works five hours with some light stomach discomfort at the end telling me it's about over. It helps me in other ways besides pain.	2017/07/23 at 5:26 am	#pain
Christina	I began my use of Kratom just about 1 yr ago when I made the decision to discontinue use of opiates for pain control. I use 1 Tbs (6.2 gr) of Red Vein Maeng Da & it truly does work. If you use your Kratom after discontinuing your opiates it should alleviate your withdrawal all together. I hadn't heard of Kratom until about day 3 of HORRIFIC withdrawals. I was in bed with chills, fever, diarrhea, lethargy, ached in places I didn't even know existed, luckily a neighbor heard of my plight & sent over a couple of doses for me (don't recall the strain). I laughed at my husband when he gave me the green fine powder & said out loud "Oh well, I'm feeling like I'm dying anyway, what's the worst that may happen?". Mind you I hadn't even had the energy to shower, eat & barely drink. About 35 – 40 mins later I was out of bed, getting into the shower, cleaned my kitchen & cooked dinner! I felt "normal". I was on very high doses of extremely strong opiates (ie: 20 mg oxycodone, 150 mcg fentanyl every 48 hrs & 20 mg of oxycontin x'2 per day. My withdrawals were pure hell. I've been using Kratom EVER since.	2017/07/27 at 2:05 am	#addiction #opioids #withdrawal
Melody	I been taking and trying different strains of kratom....my daughter told me to start with the Red maeng da and i really loved it and it gave me so much energy and helped with my pain, then I also tried, the green maeng da I don't like it as much it doesn't seem to be as strong of a strain...today I am trying gold and I have white maeng da on order I also have tried bali which I found it to give me headaches which I suffer enough from I even lowered doses and tried different things....the green maeng da is good for anxiety and depression but once it wears off it hit me hard with a bad case of	2017/07/28 at 9:40 am	#energy #pain #opioids #withdrawal

	<p>anxiety....I didn't like that....I will probably go back to the red maeng da but I want to try the white because it is good for RA and also pain...and I have fibromyalgia and RA and alot of back pain...it has helped me alot and my g/f is going thru stage 4 lung cancer so with me having to be her caregiver and take her to and from appt. I have to be active and i don't always feel it this helps me and i rather take this then opiods...I also have gone thru a few days w/o it and the withdrawals are not that bad not like I go thru with opiods....I am glad that my daughter put me onto kratom.</p>		
Russell	<p>Worked wonderd for meth withdrawal....completely took it away and relieved desire to use meth again! Wish i had known about Kratom last year when withdrew from 360mg morphine a day Worst experience of my life... got hooked on meth to handle morphine withdrawals. One year later still on meth tried to get off many times but could not handle withdrawal. With Kratom NO withdrawal at all. Finally off opiates and meth!!! 8 to 10 g Red Vein am and 6 g White vein noon. Feel better than ever. No desire to drink take meth or anything. Truly a miracle. Not only no meth withdrawal but felt 150 percent sharp energy</p> <p>Have had 5 fusions 1 4 level failed fusions and need hip replacement (osteonecrosis And degenerative disc disease). I think Kratom "would have" taken away morphine withdrawal too but did not know of it then thus became meth addict no more... clean and sober and Kratom got me there. Didnot think i would ever be off meth !!!.... also struggled with alcohol and drugs for 40 yrs. Kratom works wonders.. no cravings. Saved mu life</p>	2017/07/29 at 10:26 am	#addiction #alcoholism #opioids #pain #withdrawal
Helene	<p>So many of us rely on Kratom for so many illnesses. Taking it to try to get high is just gonna make you sick.</p>	2017/08/02 at 7:37 am	
melissa miller	<p>I've been taking kratom for years now. I've been able to stay sober this wAy. I would definitely recommend taking the capsules. The powder is nasty. If you can't swallow capsules then put the powder in applesauce. I personally prefer the Bali strain. I take 10 to 15 capsules at a time. I've built a tolerance for it and feel awful when I don't have it! So beware!</p>	2017/08/02 at 4:54 pm	#addiction #withdrawal

<p>Kate Coe</p>	<p>I'm old and have no life thanks to massive pain and the inability to use my arms. (Did I mention I was a runner and salsa dancer, and 'looking substantially younger than her stated age' until some doctors destroyed me, grrr....)</p> <p>... My previous opioid use was 6.5 years, with a minimum of 60 oxycodone/day to keep the pain at bay. I had been at an additional 40 mg of Opana ER but had weaned to 20. I really only needed one for sleep and breakthrough pain occasionally. After the WD was over I lay curled in a ball on my loveseat for four days—with a .38, waiting for an express delivery of Kratom. It was all I could do to keep from pulling the trigger, as the pain was unbearable, and I have a high tolerance. (The surgeon who did my operations—and played a large part in causing the damage said, wow, you must be some mind over body person. And, I was, but I've been bested by this.) Anyway, I kept telling myself to hold on, there was a chance the Kratom could work, although I had little confidence—a reason I had delayed ordering it until utterly desperate. It worked. (I used Red Vein Bali.)***</p> <p>Now, I live in terror of further bans—I wanted to return to San Diego, but that's out at present. I absolutely will terminate myself if Kratom becomes unavailable, but not without first making serious waves. I worked teamed with doc's ('hospitalists') for years and what goes on behind closed doors for medical decisionmakers is as immoral and ruthless as the worst fictionalized portrayals. The truly knowledgeable and dedicated practitioners—like Forrest Tennant—still exist, but their numbers are too small to carry sufficient weight. (Again, think of the rise of Nazis. People like to use the word as a simple pejorative, but in this case, the analogy is spot on.)</p> <p>Be careful when you start. The second week I ended up in an ER with my very first case of hives, and one serious enough to almost warrant hospitalization. It was a histamine reaction (my first) to the combination of the Kratom and a frozen dinner with pesto, spinach and tomatoes. I learned more and opted out of the dinners, which I loved, sigh, but continued the same Kratom, purchasing some from another vendor, as well, in the event symptoms returned. They didn't.</p> <p>In other respects...my cognition, per observers, including myself, is better on Kratom, the level of constipation from opioids is gone—from needing 8 stool softeners/day plus my high fiber diet to occasionally using one pericolace, the manner in which the pain returns is more gradual and less intense than on opioids, although the pain is perhaps not as thoroughly obliterated. I've never felt high on either opioids or Kratom, and I suspect further research will reveal pain signal blockage has an inhibitory effect on the</p>	<p>2017/08/28 at 3:37 pm</p>	<p>#pain #opioids #sleep #withdrawal</p>
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	euphoric response. If they would study that, perhaps there could be a selective process allowing use by those in pain while restricting those at risk of addiction.		
Michele Royal	I have been dealing with chronic pain for 10 years as well. Green Vein Kali (not Bali) relieves my pain! I have not had relief with any prescription pain killers...	2017/08/29 at 6:14 am	#opioids #pain
Filippo Napoli	Kratom got me and my girlfriend off opiates for over 3 weeks now	2017/09/07 at 5:39 pm	#opioids
Bryce Banxx	I am 13 days clean from heroin. Straight up, the kratom didn't help at all for me the first 5 days but after I went through the worst of it the kratom has def helped.. I use a heaping one n a half teaspoon in a smoothie with ok, helps immensely now	2017/09/13 at 8:06 am	#addiction #opioids #withdrawal
Jake	Kratom has saved my life. I am in chronic pain from a back injury my doctor just gave me pain meds. I became addicted, I quit taking those meds and broke the addiction that had set in. I lived for 5 years in some of the worst pain ever. I was told about Kratom and figured what did I have to loose. After 2 days of the toss and wash method I moved to the gel tablets bought a machine to fill and make my own. I found out the the strain that works for my body is a mix of a green and red strain...I have my life back. I take 4 capsules of the mix in the morning and then 2 at lunch. I have my energy back and can now say my pain which was around a 7 or 8 on a good day is now a 1 or 2. Kratom has given me life and happiness again.	2017/09/13 at 5:54 pm	#addiction #opioids #pain
Gregory	When I kicked methadone, it was easily at least 3 weeks of hell. I didn't feel "right" for a good 3 months. I'm now 2 weeks in from kicking Suboxone and thank jebus for Kratom. I tapered the Suboxone to a ridiculously small amount and I know for a fact that if I didn't take Kratom at the moment, I would indeed be in hell...the half-life for methadone and suboxone is very long and logic would tells us that it would be a longer withdrawal process than say a week of the shimmy's from kicking heroin, roxies and the like due to the fact that it's in and out pretty fast.	2017/09/16 at 2:46 pm	#addiction #opioids #withdrawal

<p>Lee Jeana</p>	<p>I have arthritis, osteoporosis, spurs in all my joints, aemia, herniated discs with spurs, anemia & all allergic to iron. I became disabled Feb. 2017.</p> <p>I lost my job of 25yrs b/c I was so ill. I didn't have the energy to fight seeing as I was on my death bed.</p> <p>The following is the medication I was on together for 11 years.</p> <p>*Fentanyl patches 75mg (monthly)</p> <p>*roxicodone 150 (monthly)</p> <p>*xanax 90 (monthly)</p> <p>*Benadryl (only when I get iron venously every 3 months)</p> <p>xtizanidine (muscle relaxer) 60 monthly)</p> <p>*ambian (30) monthly</p> <p>*darvacett 500mg a day (60 a month)</p> <p>*VB12 injection (x2 a month)</p> <p>*Plaquenil x2 a day (60 a month)</p> <p>I just turned 51 & came to the conclusion I can't listen to the doctors any longer, the way I'm being medically treated I'll be dead in 2 years.</p> <p>#Long story short, I went off ALL meds above except vb12 & iron.</p> <p>I herd of a few oils & herbs. I'm the type of person that has to try things for at least 4 months before I tell anyone, including my doctors. I would continue seeing Dr's & getting scrips filled (but not taking them)</p> <p>It's been six months, the follow is what I take now (it's been 6 months)</p> <p>KATROM (you have to find what works for you, I like WHITE BALI & MAENG DA. CDB OIL, You can find this in any "Health Nut" store. Ask for it b/c its behind the counter.</p>	<p>2017/09/24 at 5:02 am</p>	<p>#opioids #pain</p>
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	<p>Frankincense oil (there are hundreds of oils to use for different elements & all are expensive, however when I think of all the time energy & cost I've already used & got no response it's worth it to me.</p> <p>Enclosing, All Doctors & healthcare workers automatically view us as druggie</p>		
Mark	I have experience weening off both opiates and benzos by using kratom. It's a great alternative in my opinion..Yes, it is addictive and you will have withdrawals if you stop using it. But not nearly as bad as benzos or opiates. I would highly recommend kratom over other drugs. It is much less dangerous, too, as far as overdose danger, etc..	2017/09/26 at 7:14 pm	#addiction #opioids #withdrawal
Kevin	I've been using kratom daily for 8 years. It works great for anxiety, depression, and pain. Just takes a few tries to get the right dosage.	2017/09/29 at 1:54 pm	#anxiety #depression #pain
Suzanne Knutson	<p>I have been on kramton for a year and it has saved me totally.. I have lupus and fibro which means there are days I can't walk due to pain. But kramton has make it possible for me to live my.life with moderate pain and not intolerable pain.</p> <p>It is a true life saver for me</p>	2017/10/01 at 8:05 am	#pain
Sam	I agree with you — it probably IS the answer to the opioid epidemic. I find that with regular kratom use, I have no desire for those scripts.	2017/10/02 at 8:22 pm	#opioids
Jeremy	I support kratom 100%!!!!!!... If it was not for kratom I would had never gotten clean from heroin and methadone!!!. So here is my pledge to keep kratom legal. I tried everything the doctors gave to no avail what so ever!.. Kratom blows pharmaceutical medication away!.. Yes on kratom .``	2017/10/13 at 3:29 am	#addiction #opioids

Dan	I am a recovering Heroin addict and have been on Methadone for over 8 years 120 mil.daily I'm 54 years old so I have really been through some hellish detoxes fast forward went through the detox suboxone took a while not going to lie, but Kratom made the detox so much easier to handle Kratom will "very much" HELP but it's "assistance" not a cure you will still have to go through your detox and if you plan on staying "Clean" there are some other things you will have to add.	2017/10/19 at 11:35 am	#opioids #withdrawal
Kandi (2 comments)	I myself have been on opiates and have had great relief with this!	2017/10/20 at 8:04 am	#opioids
	I just recently started using Kratom and trying different ones... I hate taking pills for a combination of health issues. Kratom is so much easier and more effective than the pills i gag down daily.	2017/11/21 at 5:14 pm	#opioids
Curt Manners	<p>To kick Hydro after a 3 year run, I went to the head shop and got those big tabs that are 900 mgs. 1000 mgs. is a gram, for reference.</p> <p>I took one at a time so I could test the FX a little at a time, finally settling on two to get the edge off each morning. One later in the day...</p> <p>...kratom did actually keep my mind off that Vicodin for long enough to stop that \$6 a pop nonsense for Vickies...</p> <p>I ain't gonna lie to you, I still like that feeling of well being, and I use high grade bud along with Kratom to stay off of anything else and I mean anything. No booze, cigs, or Peruvian marching powder.</p>	2017/10/26 at 7:29 am	#opioids
Tim	I've had a hip, shoulder and elbow surgery and suffer from insomnia without meds. No Dr.s (that i can find) will prescribe pain meds for "chronic aches and pains" even though it prevents me from sleeping if I don't take the sleep meds and I still wake up from pain often. I take zolpidem (benzo) for sleep and ativan (benzo) for anxiety (and I find these do offer some pain relief just from being less physically tense). I just started	2017/10/29 at 5:40 pm	#energy #mood #opioids #pain #sleep #withdrawal

	taking Maenga Da in the morning which I've found provides some pain relief and much more "even keeled" mood and energy level. I've now added Bali (and going to try the Red Kali as well) for after dinner and evening. I'm much less stressed and even though I don't notice a big difference in pain relief, I DO notice some and the mood and relaxation really does help make the pain feel less significant...like I'm not stressing about the fact that I'm in pain even though I'm still experiencing some. Hoping there are no legal issues with this and plan to get stocked up. I don't want to end up taking benzos for 20 more years and I'm already 43 years old now. Withdrawals SUCK (I'm been dry from alcohol for 3 years now and really wish I had found this stuff when I quit drinking).... all and all....GLAD I FOUND KRATOM!!		
Ant	For the first time in 16 years I've not taken opioids in 8 days. For me it was not about Craving it but instead getting through the physical withdrawals. I Was eating 240 norco 10/325 for about 8 years before moving to Oxy. I then went to methadone and and for the last 3 or 4 years have been taking Subutex 8mg. Had a friend buy the gold reserve extract 10g but they never tried it and gave it to me. And I've got to say this stuff is absolutely amazing. After first taking it my cold sweats bubble gut and leg pain and rest withdrawal symptoms were completely gone. Waking up sucked until I fixed my drink the night before instead of trying to mix it on day 3.... A true life changer	2017/10/30 at 5:08 am	#pain #opioids #withdrawal
Feisty One (2 comments)	I weaned myself off suboxone over a month or so. Found Kratom a month later and it definitely curbs my desire to use. Been opiate free for just over a year!	2017/10/30 at 4:12 pm	#opioids
	<p>I have Crohns Disease also. Diagnosed at 16 but had at 11. So far 2 surgeries. Pain Med's given lead to physical dependence, go on from there. I was on Methadone for about 10 years. Then suboxone for about a year, going from Methadone to suboxone was awful for me. As I said in another reply I weaned myself off (zubsolve) in about a month with virtually no discomfort or w/d.</p> <p>Kratom has curbed desire to use and I've been opiate free for over a year. You must be careful using kratom with Crohns. Everyone needs to drink extra water. Take 500-1000mg of magnesium daily too. I got severely constipated to the point I had to go to ER. I had impacted fecal matter. I couldn't poop at all even with home remedies, stool</p>	2017/10/30 at 4:32 pm	#addiction #opioids #pain #withdrawal

	softeners, laxatives. Laxatives made pain worse. I felt like I was having a baby out of the wrong hole, lol. What I had to go through to get all that cleaned out was time consuming and somewhat embarrassing. I have yet to find a Gastroenterologist I like.		
Paul	Hi i have a psychopharm background and have recently tried white cine kraton which is supposed to promote a stimulant effect. I found that 2 grams produce a pleasant increase in concentration with calmness. Get 4 grams was quite sedating and induced sleep. I am leary of accepting that it is impossible to overdose. There have been deaths from water intoxication. So dose matters. It would be prudent to respect this herbal substance since accidental overdose will induce regulation and possibly banning.	2017/11/01 at 5:01 pm	#mood #sleep
Rae	I barely weaned off of benzos and opiates and went to using red maeng da Kratom. It takes a few days to get the dose right, but it without a doubt kept me from withdrawal.	2017/11/07 at 5:41 pm	#opioids #withdrawal
jay	<p>I have 3 bulging disks and it hurts to no end. typical hydrocodone was the primary treatment. I heard of this magical plant and it is all that! not only is it effective in killing pain, it makes me happy. it works, for me at least. Its amazing the effectiveness.</p> <p>I Use Ultra White Meang Da. they only had crushed leaf when I purchased but I ran it through a coffee grinder and made ultra fine power out of it. Believe it or not, I take it with Coffee Sugar/Hazelnut and I actually REALLY like the after taste.</p> <p>Give it a shot, if it doesn't work for you, then so be it... but if it DOES, you wont regret it.</p>	2017/11/14 at 11:21 pm	#opioids #mood #pain
Nikki (2 comments)	have Chiari Malformation. In 2007 I had brain & spinal cord surgery. 2012 discography showed grade 5 annular tears at L4-5 / L5-S1 and I began having seizures. 2013 I had surgery to release a tethered spinal cord. 2015 in an accident and suffered a traumatic brain injury, concussion/swelling on the brain. I have degenerative arthritis & disk disease of the spine and a torn rotator cuff. The nerve pain is an agony that words cannot describe. Because of these issues I don't go out much, I'm like a shut-in, so I	2018/03/13 at 7:17 am	#anxiety #depression #opioids #pain

	<p>suffer from anxiety and depression. I've been given more Meds than I can stomach, i.e. various pain meds, muscle relaxants, anxiety meds, anti depressants, psychotropic meds (seizures) and nerve pain meds (gabapentin: lyrica, neurontin). Needless to say, after going through hell for 25 years, I started using medical marijuana for seizures. By itself, I didn't get much relief so I went online and spent months researching alternatives. Then I found Kratom. The red vein Bali is awesome. The first time I tried it I slept for 7 hours!!!! I take the red vein Kali in the morning and it helps me get through the day with a great attitude. The red vein has helped my anxiety, stress and depression. I feel focused, relaxed and happy. I want to actual get up and do things, socialize with people again, etc. I was so amazed at how well it worked I made my husband take it. I can't believe it's the same man. It would take to long to explain, but it's the happiest and most relaxed I've seen him since his double knee replacement. Then I passed the information onto my friends and relatives that suffer from MRSA, cancer, debilitating arthritis, etc. you have nothing to lose. Just remember the first one you try may not work for you, but don't give up, keep looking and you will find one that will work for you. I didn't give up and I'm glad I didn't. Kratom give me back my life</p>		
	<p>January 2018, after 25 years of surgeries, pain treatments, Meds that either don't work or give the worst affects and allergic reactions. The doctors keep putting you on one pill after another until they find one that works. This just destroys your body and there's really not much you can do. For example, Lyrica caused me severe pain and health issues and I was immediately taken off of it. It took almost 2 years for my body to stabilize. So I decided to use medical cannabis for my seizures and I have stopped all my medications, pain shots, and began detox. This does sound like a drastic thing to do, but I don't even know my own body anymore. I decided to help myself. I love the Kali and Bali red vein. It took me a month to find the right ones that would work with the medical cannabis. I have gone from taking 6 to 10 pain pills a day to only using three or four a week for heavier pain. The first one you try may not work for you but don't give up and keep trying them until you find the right one it is worth the effort.</p>	2018/03/13 at 7:35 am	#opioids #pain
Patti	<p>Works for me!! Withdrawals from a thirty year addiction to opiates about killed me! Since then kratom red vein has helped with my pain and depression and anxiety. Now I hear they want to ban and regulate it! If there is a petition anywhere to sign to stop it send it to me and I'll sign it!!!</p>	2017/11/16 at 2:53 pm	#addiction #anxiety #depression #opioids #pain

Shaun Nowlin	<p>I started using kratom about 6 months ago and have a long history of back issues so I understand trying to knock out that pain. I tried several different strains and while they did work to an extent I still hurt so bad but I bought some Golden Bali and used it with just 2 alieve and that was my potion from then on. The alieve by itself didn't work right and neither did the kratom but a small dose of otc meds with the Golden Bali worked great. Although sometimes it don't. Sometimes I just hurt and nothing stops it. But I know for a fact I can't the relief from narcotics that I get from this. I have tried that road. This mix lasts most of an entire day for me and I get 0 negative side effects from it. It really has changed my pain and my entire life. I'm awake and productive with little pain.</p>	2017/11/18 at 2:05 pm	#pain #opioids
Todd (2 comments)	<p>Hello, I have bi polar sometimes schizophrenic I have found stress really makes it worse I have found tremendous relief in 2.5 grams a day of kratom in reducing stress lowering psychosis and depression and making me in an over all better mood</p>	2017/11/21 at 6:12 pm	#depression
	<p>Kratom works great for my daily spinal and arthritic pain, and can ease depression side effects, although I do take it with a norepinephrine selective reuptake inhibitor.</p> <p>I had my 1st of three knee surgeries in 1994. Have torn both rotator cuffs (supraspinatus tendon) in each arm off of the bone, tore my labrum in each shoulder, and have had 7 spinal surgeries, including fusions at two levels. I had been a high dose daily opiate user for over 20 years, and eventually went with a nevro spinal cord stimulator. Between that, kratom, and my nsri, I have reduced my daily pain from a 9/10 on the scale, 24 hours a day, to between an average of 1–2 daily threshold.</p>	2017/12/24 at 5:59 am	#depression #opioids #pain
Helper	<p>I take abilify ,Prozac , a Statin for high cholesterol, and Xanax. You should be fine with the medications you are taking. I hear that antidepressants somewhat blocks the effects of Kratom. That's the only problem. I personally am weaning myself off abilify and then Prozac next because I find Kratom to be much more beneficial than the meds (this is why they are trying to ban it and demonize it because as soon as everyone finds out about this wonderful plant bye bye big pharm... cya psychiatrists) but anyways you have to find the right dose of Kratom for you as well as the right strain. Personally I find the yellow strains to be the most calming/anxiety releiving. I find</p>	2017/11/22 at 7:38 am	#anxiety #energy #pain

	<p>whites to be best for energy and focus. Reds best for euphoria and pain. And greens are the most balanced... and actually my least favorite. It took me about 3 weeks to find my dose and strain. The most common side effects are constipation and nausea. You can counter the constipation by taking Metamucil or milk if magnesium at night and counter the nausea by taking raw ginger or ginger capsules the same time you take your Kratom dose.</p>		
Jg	<p>It will help it totally relieved my wd issues. I used it after I tapered off methadone 90mg to 1mg and I had terrible wd. . It does activate opioid receptors in your body. For me it's nothing like using opiates I never have cravings for kratom. I'd say it's effects are extremely mild. Could just be a tolerance thing for me though. I'd suggest starting with a low dose say 3 gram wait 30 min see how you feel then add a gram wait 30 min and repeat until you feel better. As for kratom wd again very mild just tired like you need a coffee and diarrhea because the stuff has anti diarrhea effects along with it activating opioid receptors so you'll have to taper off kratom but it's a cake walk compared to real opiates. To anyone that's on methadone or thinking of it stay the hell away from it because it's the HARDEST to get off. I almost went to the hospital because of methadone wd after a full taper to 1mg and had the worst wd I'd ever experienced Extreme anxiety, blood pressure 170/105 heart palpitations panic attacks difficulty breathing. If it wasn't for kratom I may have died.</p>	2017/11/24 at 11:41 am	#anxiety #opioids #withdrawal
Bella	<p>I know I'm late in saying I'm proud of you for wanting help. I've been addicted to Roxy for 8 years n I just got tired of the chase. I've been taking kratom for months n it makes me feel better than any pill. Depending on how high your tolerance is the more kratom you need I take 7g 2x a day. You will have the same withdrawal as pain pills from kratom but like I say if ima be addicted to something I'd rather it be kratom</p>	2017/11/29 at 9:57 am	#addiction #opioids #withdrawal
Sarah French	<p>My husband and I have been "burning" Kratom for nearly two years now.. within these two years we have both gone cold turkey on methamphetamines, prescription antidepressants, alcohol and tobacco. We have busted our backs to give our children a safe home, to be the parents that they deserve and to be PRESENT! That might not seem like a big deal, but let me explain. When you are an addict.. regardless if it's drugs, caffeine, TV, porn. Etc.. you use your addictions to escape your currently</p>	2017/11/29 at 8:20 pm	#addiction #alcoholism

	<p>reality. My husband and I have learned how to be present.. to feel, not to run from problems.. to grab the bull by it's horns and win! As a former addict, this is HUGE! Our sobriety, our lives we have worked soo hard to have, all of the obstacles we have over came and continue to strive.. our children's and our own happiness.. it is all thanks to Kratom and Faith! Faith in one another.. faith in Kratom..</p>		
ann	<p>I had 2 back surgeries, have a falling disk. Was facing another surgery. Was on Vicodin for years then OxyContin was added as well as high dose fentanyl. And Valium and ambien and Valium and cymbalta. Still had bad pain. Only very sleepy and mood altered. Had an emergent family situation where I may have to get custody of kids. Stopped everything within 2 months. Clonidine helps with withdrawal. I did this at home. Yes I had pain and anxiety for a while. Got a horse.... dealt with life issues. After being off all that a couple months pain radically decreased. Never rode before but found at Barn... riding, mucking stalls ect. I had no pain. Tolerated more pain. I get pain after a mile or two walking.... sit down for a while. After 6-7 months found Kratom. Take Bali red ... 6 caps maybe twice a day.... sometimes go days without needing it. A friend once told me narcotics increase pain pathways. She was right. I had more pain on narcotics than after a couple months being off. Only on smallest dose of temazepam for chronic insomnia. Advil and Kratom. I'm soooooo happy to live not worrying every day about when to get pills, going to dr and pharmacy!</p>	2017/12/03 at 1:33 pm	#anxiety #opioids #mood #pain
Anna	<p>I have fibro-type pain also (dx fibro but I've begun to think I actually have CFS). Nothing works as well as opiates, but I've used kratom successfully for withdrawal and pain management. I read so many different sites recommending this or that strain and dose, and couldn't keep them all straight, so I finally just ordered several different types... I have found the (red vein) Borneo strain and Super Indo to be the best for pain. Borneo helps me sleep; until you've experimented w/it I wouldn't recommend taking it when you have to work. It's the only strain that has ever made me feel 'dopey' (but only mildly; nothing like marijuana, which I also hate). Red Vein Thai helps with pain and energy but I can't seem to find a dose that gives consistent results. Maeng Da has been the best all-around strain for me; it does a decent job of managing pain, mood and energy levels... Sometimes it begins to work within 10-15 minutes; sometimes it takes an hour. It can make you nauseated. I have chronic nausea so I</p>	2017/12/09 at 10:01 pm	#opioids #pain #withdrawal

	have an rx for ondansetron (Zofran)... while I have had some nausea when taking kratom, I also have it when I don't take it.		
Misty	I used to be on pain meds for pain also and was completely addicted to them. They ruined my life and actually made my pain worse. I had to go thru the awful withdrawal of stopping them and forced myself to stay away from drugs. I did this before knowing about Kratom. It took time to overcome but I did it. And I started working out, eating better and kept myself as busy as I was able. The very best workout is swimming in the pool. There is no gravity in water so it is very easy on your body, even treading water for 20 minutes is enough to help. Then I stopped drinking so many sodas and researched foods that actually make your pain worse and I stopped eating those foods. The way you eat is of up most importance especially when you have problems with pain. I have Rheumatoid arthritis, osteoarthritis, and back problems. I used to lay on the floor crying in pain from my back and my toes hurt so bad I could barely walk. Once I got off the pain meds, started eating good foods for my body and swimming in the pool at a gym, the pain started going away. It took time but it has been over 2 years now and i feel so amazing compared to how I was. Pain meds only make the pain worse, it doesn't help and coming off of them is pure hell! Since I found Kratom it really helps to manage pain when I have pain. It also puts me in a great mood and I have not noticed any horrible side effects. I have to say it is definitely the best go to instead of the horrible pharmaceutical junk the docs give you...	2017/12/10 at 9:11 am	#addiction #opioids #pain
Saved by Grace	I've had several surgeries that has left me worse off. The pain gets so unbearable at times and I work 80 hours a week. I found kratom and it's been a life saver! I use Bali and green Ma Da. I no longer need to use opiates for my pain. Also, you will not suffer withdrawal symptoms. Kratom starts working instantly!	2017/12/11 at 8:55 am	#opioids #pain #withdrawal
Not drug seeking!	I felt no withdrawals w/using kratom(it totally replaced norco). I did end up vomiting and sweating profusely b/c I took too much. Do not start out taking a lot. Start w/a teaspoon wait 20 min. B4 taking more. Rotate strains every few days.	2017/12/11 at 4:22 pm	#opioids #withdrawal

Angel	I'm in the same boat, been on the pain meds for 20 years!...I have tried the green maeng da strain and the energy levels are awesome, also it helps cut the pain way down...and that is without having any pain meds for the days I take the Kratom...	2017/12/12 at 9:37 am	#energy #pain #opioids
John Zurich	I personally used Red Vein to ease myself off of opiates to GREAT effect. I swear the world should wake up and use this stuff to treat addiction. My suffering was reduced by 10x.	2017/12/14 at 5:18 am	#addiction #opioids
Kate (2 comments)	I have Lyme and usually only do 1 tsp green Maeng Da with OJ. After 4-5 hrs I sometimes do another tsp.	2017/12/14 at 8:13 am	
	I have Lyme, but thankfully was finally diagnosed correctly after 4 yrs. Kratom has done wonders for me. I'm a self employed artist and could barely get out of bed to make art or participate in an art show. I still don't work as much as I'd like to, but I finally do see the light at the end of the tunnel.	2017/12/14 at 8:49 am	
Emma	I have fibromyalgia, chronic fatigue, & degenerative disk disease. Was on oxycodone, for pain, & adderal, for chronic fatigue, for 10 years & recently weened myself off because of the hassle of having a pain management & mental health providers. Before I did, however, I bought some Maeng Da & white vein Bali. I could not believe how well it worked. I take 1 Tbs. of Maeng Da every morning, for pain relief & for energy & motivation, & 1/2 tbs. white vein Bali at night, for pain & to help me sleep. Kratom is a God send!	2017/12/22 at 10:00 am	#energy #fatigue #opioids #pain #sleep
Ruben	In my life every few months new pains pop up. Now my whole body hurt. Its not all in our heads. Its a true nagging never let u off the hook pain. A few weeks ago. As a mover for. Moving company had a forty pound bedpost. Fall on my shin. While i was sitting on break from 8 feet high. Hurt like the devil. iflated my leg , but even this painpaled in comparisonto the everyyday. Arthritic pains assosiated with rheumatoid	2017/12/24 at 10:40 am	#opioids #pain

	arthritis. Ive found Maeng Da. Kratom. Super helpful. Along with an excedrin a day. Before. I started the kratom. Was taking 5 a day excedrins. With two aspirins. And a 10 mg percoset on occasion maybe 2 if things gor real bad. Now kratom seems to be doing well. Would like to try DL phenillanine as well. If things get worse.....for now kratom a lifesaver		
C hilbert	I also have severe RLS and was on ropinirole, then gabapentin to wean off the ropinirole. But gabapentin can cause rapid weight gain, I gained about 8 lbs in two months even though my appetite was down. I then switched to 1mg clonazepam and begin using kratom to help me wean off clonazepam. I'm down to .5 mg clonazepam using 1.5 – 2 g of kratom about an hour before bed. I sleep well with no RLS symptoms. In another few weeks I'll quit taking Clonazepam and use only kratom	2017/12/25 at 7:57 pm	#sleep
Brian Sims	I'm 50 and was taking suboxone for 7 years. Tried to quit but withdrawals were BRUTAL. Started taking Green Maeng Da, because of it's high alkaloid content. Stopped taking the suboxone, and started taking 10g (1 heaping tbsp) every 6 hours at first. Never went thru withdrawals while on the Kratom. Take red Maeng Da at night to sleep.	2017/12/31 at 12:32 am	#opioids #sleep #withdrawal
John	I just stopped suboxone two weeks ago. The Red Maeng Da has been a lifesaver. Energy thru the day and it stopped the restless leg insomnia dead in its tracks. Also has great pain killing effect. Good Luck! Get your mind right and know its gonna be worth it!	2018/01/05 at 8:52 am	#opioids #pain #sleep
robert clutter	after a lifetime of depilating depression I functioning, working and have restarted a 10 year defunct businesss, my anxiety is at normal levels I have begun the first friendships I've had in many years this tree has given me a drug and alcohol free existence I actually feel happy most days ten years of therapy didn't a achieve for me what 7 months of kratom has.	2018/01/06 at 12:13 pm	#addiction #alcoholism #anxiety #depression

Amanda	It work pretty dang well. I have had several abdominal surgeries and have several bad problems with my back. The red kratom has to much of a sedative type of effect but you know what you need for your situation better than anybody	2018/01/10 at 3:47 pm	#pain
david	After 16 of Hydro and many a day dope sick from \$ issues , I was turned on to Kradom. It has been almost a year now of being " Clean " . People this stuff saved me and has put me back in a better place. Can't tell you how much money i wasted. YES YES YES I don't get it when the news talks so much shit about the problem but won't step up to the plate with this INFO. I am now 61 and would have tried this years ago. Hope you read this and give it a try. ALL you have to lose is your money	2018/01/12 at 12:48 pm	#opioids
Amarin	I've noticed that taking small doses of any strain subsides the hydrocodobe withdrawal. Was taking 10mg, 10 pills a day. Tramadol and kratom made the withdrawal vanish	2018/01/17 at 8:19 am	#opioids #withdrawal
Joshua Cofelice	I was in a in-house 30 + day detox program that I walked away from after 2 days cause my withdrawaling sickness could not deal with all the rules and regulations and the 1 main fact I had to quit smoking cigarettes that I truly believe helps my nerves and aneixty while I am detoxing from 20+ yrs of constant substance abuse!Im so glad that You and husband are doing better and hopefully still clean and living the best lives ever,, for your sake and just important your children's well being and happyness! Unfortunately we all only get 1 life to live and deserve the best while we are here! I believe Kratom extracts is the only thing that adds personal willpower to not give in(relapse) when experiencing a nasty mental and physical roller coaster that opiates and other chemicals have caused and wants to trigger your every thought to use again just to feel better and not deal with a long recovery and maintaining it forever! I am taking the Red Strain and actually was able to finally sleep a few hours after 4 days of shaking legs syndrome and cold sweats, insomnia ,etc... If it wasn't for this Kratom, I'm almost positive I would be back on the streets finding the wrong "cure "for my sickness and mental battle I go thru every waking minute! I can go on... I CAN AND WILL be in charge of without depending on pills	2018/01/19 at 12:49 am	#addiction #anxiety #opioids #withdrawal

Marsha	I am 68 and weigh 110 lbs. 2 back surgeries, steroid injections, nerve ablation etc. Take prednisone for extreme flair ups and hydrocodone when I have to. Read about Kratom and have been using the Maeng Da White Vein for about 3 weeks. 2 grams, twice a day, really seems to help but now I'm getting worried about the potential harm on down the road.	2018/01/22 at 8:27 am	#opioids #pain
Scott	I had to go somewhere to detox for a few days but now I'm getting through my pain with maeng da powder that I make into capsules and keep with me. I only take one or two a day at separate times when needed. It's not OxyContin but it gets me by and I don't have to depend on narcotics. I just didn't have the willpower to come off completely at home and didn't want my family to see me that sick. However I was taking a couple hundred 30 mg instant release a month. One every 3 hours so my withdrawals were out of this world. I wanted to die but I didn't wean down at all.	2018/01/24 at 5:42 pm	#opioids #pain #withdrawal
Carter Hadley	I know Suboxone withdrawal well. If ever needed again I recommend Red Bali.	2018/01/30 at 8:53 pm	#opioids #withdrawal
keith nelson	I too have had multiple spinal fusions and i have tried every strain available in my area. Ive found what works best for me are green strains green malay, green thai, and my favorite green vietnam. Red strains are too relaxing and make me very tired. White and yellow strains are to much energy and make me jittery. But green strains seems to be set perfectly center between them all. I usually take 3-5 grams at a time. For the past 2 years this has been my main source of pain relief and the upside compared to prescription painkillers is so high that as long as its available this will be my only choice for relief.	2018/02/01 at 7:30 am	#energy #pain
Leigh	Kratom is awesome I can't say enough I'm telling you that if your on any drugs at all kratom. Will 100%help you get off the drugs I promise!	2018/02/01 at 8:17 pm	#addiction

	I love kratom as well I have so much pain in my body it's unreal buy now that I'm taking kratom it's been a life change for me I'm like 90 %pain free on taking red kratom three times a day a teaspoon no drugs I'm so happy 😊	2018/02/01 at 8:29 pm	#pain
Eric Ruhlmann	Kratom has worked wonders for me, after being on opiates and anti depressants and suboxone and Valium , you name it. Bali or Maeng Da kratom once a day for me and I feel relief...Getting the right dose down may take time but I take teaspoon at a time and wait for effects and redose if necessary but only after a couple hours.	2018/02/04 at 7:16 pm	#depression #opioids
Cheryle (2 comments)	I have been taking 6 mg of Xanax a day for years, but I have been using kratom now have not needed a Xanax for a month now and no withdrawal no problems.	2018/02/13 at 10:56 pm	#withdrawal
	I am currently using Kratom to come off suboxone, I can't answer if its harder to come off the kratom because I'm still taking it, but I know that it has definitely helped me to come off the suboxone (which I tried to come off cold turkey first and was not successful). The kratom helps to keep the dope sickness away and also helps with my chronic pain without getting me high (which is what I want, after 8 years of heroin use I just want a normal life).	2018/05/19 at 7:10 am	#opioids #pain
scon1227	I'm new to Kratom – it's working for me . I initially took opiates due to a massive injury sustained at the NYC World Trade Center attack. 16 surgeries and years of opiate use and dependence until doc's turned in me – treating me like a pariah -a junkie. Cutting doses without regard for my pain or withdrawal as the DEA mandated to keep heat off of their pill mill practices. Kratom is working. As for methadone – It's the devil. STAY AWAY AT ALL COSTS. I was diagnosed twice with double pneumonia due to its suppressive effects on my respiratory system. The last time , when I went cold turkey – I was pronounced dead , intubated and in a coma and by the grace of God revived twice. The withdrawal is the worst – only a coma brought me through to a point where I could kick. Not an ideal situation but I was finally out of the WD woods by then . Kratom is a great product – if your willpower is such that you're tired of the opiate circus it's become since being stigmatized and made public enemy #1'. They're not the	2018/02/14 at 12:46 pm	#addiction #opioids #pain #withdrawal

	answer for all but some chronic pain sufferers had no recourse -'until now . Kratom will alleviate most pain if dosed properly , will power and pain tolerance will decide the rest .		
Andrew	I am an addict myself and that's why I use kratom as well , to stay clean off of drugs.	2018/02/15 at 6:37 am	#addiction
Christine S Ryan	I have scleroderma sclerosis and bipolar illness. I take kratom for pain, focus, energy, relaxation, slight mood lift, it won't treat real diseases,,,,these are real diseases, I hope I'm still around when people with psychiatric illness start advocating for their rights in the courageous way Parkinson's disease patients and Huntington disease patients did, they were hero's.	2018/02/23 at 7:52 pm	#energy #pain #mood
Elizabeth	I myself suffer from chronic pain. Had physical therapy 3 times, multiple surgeries and unfortunately the only medication that helps my level of pain is strong narcotics. With a medical background I know how doctors do not want to prescribe narcotics nowadays. Pains even so bad that I'm in the er multiple times s month. I started taking Maeng Da strain. I have been nothing but pleased with it. My mood has been lifted, my pain is not bothering me. It's wonderful.	2018/03/02 at 12:55 am	#mood #opioids #pain
Marcy	I have severe fibromyalgia. I've been taking Kratom for about 2 months. Wow I am amazed how well it works. I have a very physical job and I have constant pain and it gets me through my day. I use one teaspoon and a glass of water in the morning and 1 teaspoon around 1 in the afternoon. That is my perfect amount. I used two teaspoons one day and it made me feel nauseous definitely too much. I weigh 170 lb and I'm 5 3. Overweight!! I keep reading newspaper articles that they are having overdoses on Kratom I don't even comprehend this. The FDA wants to ban it because it's helpful. I've had my pain for two years and have not been given anything for my doctor that would help me! So if you're looking for pain relief try it and use it wisely.	2018/03/03 at 5:35 am	#pain

Mark Price	A trusted friend introduced me to it about a month ago. I settled on 1 x teaspoon 3-4 times per day. The strain I settled on is Red Thai Meng Da. I just went for the one that calmed me down the most...The confidence I have gained knowing this product will calm me down and I can take it as often as I like, within reason. I took loads once during a severe panic attack and all I got was physically sick, vomit. Its trial and error...So, I am a very happy guy. I am 62 yrs old and have been messing with benzos for 20 years. Before that I drank alcohol and had a few detoxes and stopped when I was 27 yrs old with AA. I credit my trusted friend with saving my life by putting me onto Kratom. 2 months ago I had never heard of it. Main thing for me is I know Kratom works, and once I had that, I feel safe. So safe I want to stop with the pharmas.	2018/03/04 at 7:45 pm	#addiction #alcoholism #anxiety
Betty Sue	I disagree with quitting opioids cold turkey. You should taper off with support and kratom works well for that. I haven't found kratom difficult at all to quit.	2018/03/16 at 9:02 pm	#opioids
Norcoaddiction	Hi I am new to Kratom. I was on 60-80 mg/day of either Norco and Percocet for the past 10 years. I was so over being tied to the pills and tried Kratom last week. I LOVE IT! No Pain, No anxiety, No RLS. I literally replaced the pills with Kratom and have had NO withdrawl symptoms. I couldn't believe it. I use Red Maeng Da and Green Maeng Da. You definitely do not get a euphoric feeling from it so don't do it for that. Do it for the pain relief and feeling of normalcy.	2018/03/20 at 7:32 am	#anxiety #opioids #pain #withdrawal
Ken	Kratom has been a good send for me I was addicted to percs for 8 years takeing 70-120 mg oxy a day per my prescription and was enjoying nothing it's only been 5 weeks but I'm enjoying life again and doing alot more then I was while takeing the doctor prescribed medication it doesn't take much for me just half a teaspoon 3x per day no noticeable with draw from the medications	2018/03/22 at 12:23 am	#opioids
Jeremiah	I'm an AML SURVIVOR and this shit is the truth!! Saved my life and got me off the Pain pills and Xanax that was pushed on me after my stem cell transplant. Anyone who says different is in the Big Pharma pay roll for damn sure.	2018/03/24 at 6:02 pm	#opioids

Melli Peep	<p>Hi Linda, I have DDD & DDD boobs = CONSTANT BACK PAIN. I put 5-9 TEASPOONS in a gallon of orange juice and keep it at the ready...</p> <p>I drink about 4 oz at a time about 4 times a day until about 4p. I'm able to function all day.</p> <p>I then take a couple of hits of CBD oil from an e-pen. I cut off kratom @ 4: because I don't want to be awake all night.</p> <p>Actually function at a semi normal rate. I still have to keep in mind that I have to be careful not to overdo it. I'm 58. At our age, we don't need to be taking grams at a time. This, I think, is the only perk of the metabolism slowing down.</p> <p>I noticed that if I take more, I get the narcotic drowsiness, blech. So I keep it about 4 oz at a time. Keep your height and weight in mind as well. I'm 5'1 and 169 lb.s Now you have a better idea of why the way I do it is a good dose for me.</p>	2018/03/26 at 10:38 am	#pain
April	<p>I have tried botox inject. And it seems to help some areas but not all. I got radio frequency injections for my headaches from disc fusion and it was a life saver but again it didn't help other areas. I've had epidural inject in my neck for arm and hand pain and numbness and it helped. But I still have muscle pain so I have found white maeng da in the morning does great.</p>	2018/03/29 at 7:23 am	#pain
Ashley Mapes	<p>I have fibromyalgia as well and I tried Bali kratom. It worked for my pain, didn't get rid of it completely, but it was much improved.</p>	2018/04/07 at 12:01 pm	#pain
MIKE ANDRUS	<p>Always Eat something ,never take on empty stomach !!! I even put my Kratum Red from Borneo in my peanut butter & jelly , so not to upset my tummy !!! This advise I got from other people who use same Kratum for Pain !!! I found out the Red Kratum works best for 9 of my 10 complex pain conditions</p>	2018/04/10 at 2:43 am	#pain

Lynn Whitaker	I am taking red Bali for chronic pain. arthritis, pinched nerves, spine nerve pain.	2018/04/13 at 11:06 am	#pain
Angela	I get so much relief from Kratom. several strains..	2018/04/13 at 11:46 am	
Clydeman	I've been taking Kratom for 2 1/2 years now and there's not enough space for me to praise it enough. I was heavily addicted to subuxone for 2 years, and before that 5 years of opiate addiction. This was all recreational not for pain management. Kratom saved my life. It won't take away the withdrawal completely, but it does help to make it manageable. I use white or green maeng da daily. The withdrawal from opiate pills isn't as bad as people think. For me the first week was hell but after that it was very easy to manage. Subuxone was a different demon altogether. 6 weeks of pure hell, and it was a full year till I felt completely normal again. Take my advice and don't let anyone convince u to use subuxone to kick a pill habit.	2018/04/29 at 9:23 am	#addiction #opioids #withdrawal
Ryan	Red Bali! Changed my life! Will take away 99%of side effects and great for depression	2018/05/09 at 3:16 pm	#depression
Sherish	Hi I can tell you that I was in a wheelchair for 3 years and on intense amounts of oxycodone and dilaudid. Well they were tearing my stomach up and feeling like even the high amount wasn't doing much I decided to try kratom. It is the most wonderful thing I have done for myself. I mean I'm outside doing stuff now. No side affects. If you start out and feel nauseous it's just that you took to much . But once you get your dose right . You will feel great. And I'm finally going to the bathroom every day without having to sit there for hours . Please try this you won't be sorry.	2018/05/19 at 7:04 am	#opioids
Tim Kimbler	I was on Suboxone along with many other things and all I use now is kratom red Bali really helpd alot	2018/05/19 at 12:27 pm	#opioids

Daryl D. Walls (2 comments)	I think Kratom is wonderful because when using it i don't even think of heroin, pain pills, nor even alcohol.	2018/05/21 at 2:32 pm	#opioids
	I was on the USS THEODORE ROOSEVELT CVN- 71 and we were the first to deploy September 18th 2001...I was an Aviation Ordnance 3rd class petty officer. I worked on the flight deck checking all aircraft weapons. We dropped a lot of ordnance on Afghanistan for 7 months straight. I was glad to fight for our country but very glad to get back home safe afterwards. I too love Kratom though. Its keeping me away from the negative junk.	2018/05/21 at 2:39 pm	
Kratomlover	Kratom is the best way thing I could have ever found out about! I was highly addicted to opiates. I prefer the powder, it makes a great tea with only 5 scoops (gram scooper) I recommend the powder instead of the capsules.... more for your money if you can fathom the taste.	2018/05/21 at 2:33 pm	#addiction #opioids
Evan	I was put through 4 unnecessary back surgeries because of my insurance. I finally got the right one, a spinal fusion, and it helped with the nerve issue, however, I have permanent post op pain due to too many operations in the same area. I'm 35 and I move like a 90yr old. I've been on pain meds since I was 13 due to several other operations. Its a vicious cycle and I've been using kratom for a week now. Of course it's not a 100% cure, but it does help with my pain about 70% and with withdrawal.	2018/05/23 at 8:30 pm	#opioids #pain
Sabrina	I just discovered kratom in feb of this year. It has helped my Fibromyalgia symptoms better than any medication doctors have given me over the past 7 years.	2018/05/26 at 6:10 am	#pain
SS396GUY	I just got switched to a pain medication that does not work by my pain management. They gave me a line of carp about regs, blah, blah, blah.	2018/05/30 at 4:31 am	#opioids #pain

	I had some Maeng Da Red vein I had gotten last year. So I made up some capsules of about .40 grams each. I took 2, my pain level within an hour was a 6, 2 more got me to a functional 4 pain level. I did 2 more before bed and slept all night. I'm somewhere at the bottom of the dosage scale at about .5 tsp. But it works and I will be buying more soon.		
sandandy	I have been using Kratom for about 3 years. 3 to 4 times a day. There have been many times that I have not used it and had no withdrawal symptoms. From forgetting to pack it when I went on a weekend road trip, to getting up on the weekend and just plain forgetting to take it.	2018/05/30 at 2:29 pm	#withdrawal
Andrea	I too was on long term pain management when the DEA cut pain meds and sent our nation into this "crisis". They pegged my a junkie too when I failed my piss test. I went from over 300 pills and 4 medications a month to 60 pills of one medication. I was accused of selling my pills and cut off cold turkey. I was lucky and did not have withdrawals, that is something that runs in my family and is very rare. By all rights I should be an addict. I went and got honey bee venom injections. THEY ARE AMAZING I walked into the office with a cane walked out without it! Within 3 weeks I did a cartwheel. That was in 2012. Last year I had another back surgery and I use kratom occasionally. I now get injured very easily was in the ER every 6 weeks. Now kratom keeps me from going to the hospital when I have a nasty flair up.	2018/05/31 at 4:13 am	#opioids #pain #withdrawal
Libba	I am completely pain med free because of Kratom and CBD...I have degenerative disc disease, had a c5-6 fusion in 2005. Now c3-4 is herniated. Last year I had a procedure to cauterize my nerves on both sides of my neck. Between that finding the right Kratom and finding the right CBD-I've been pain med free since last Summer. Also, was helped off and on by Kratom since 2007- but have just recently discovered my perfect leaf blends as well as hemp oil.	2018/06/04 at 10:20 am	#opioids #pain
Celia	I've suffered from chronic daily pain my entire life. Nothing has ever helped either. Dr prescribed pain meds and I became addicted. My pain not only intensified but it caused me to bed ridden. My pain was horrible before pain meds but after, I wanted to	2018/06/04 at 12:58 pm	#opioids #pain

	die. I started taking Kratom 2 years ago and I'm a completely different person. It saved my life. Not only has it decreased my pain but it helped with depression, insomnia, RLS, I can't even list all the benefits. I only have to take it twice a day whereas the pain meds I was having to take more and more and more often. I got to the point I was taking 10 oxycodone 30 mil a day. The difference in Kratom and opiates, Kratom is a plant, pain meds are man made in a lab. Everyone on pain meds are skeptical before they try Kratom. "Ohh this isn't going to help my pain. Nothing but pain meds helps". I seriously suggest you try Kratom before you say pain meds are the only thing that helps. Then you will realize that pain meds are definitely overprescribed. It's sickening.		
Dave	I take this plant on a daily basis. It helps with pain & my sometimes depression. I am so thankful that I found this product.	2018/06/08 at 12:27 pm	#depression #pain
Free the leaf	I've been taking kratom for about 6 years daily. Capsules and tea and a variety of strains. I was out this whole week up until today. I had zero withdrawals. I've gone weeks without it	2018/07/03 at 6:35 pm	#withdrawal
DrFeelgood	Green Maeng DA is the strain I like best. I find it the most similar feeling to traditional pain meds. It helps with my back pain tremendously. I have to take it on an empty stomach for best results but once it kicks in I have no problem with appetite an hour or so later. At first, eating something did make me a little nauseous but I quickly got used to it but now I can scarf a pizza once it kicks in. Pepto tablets helped immensely in the beginning if I took a little to much and started feeling a little queezy. As far as addiction goes I am a recovering addict and I have had no problems with craving it when I don't need it whatsoever. I was actually surprised at this because it does feel great when I take it but for some reason I just don't feel compelled to take it more than I need to. It also seems to have antidepressant properties as well. I have found that my overall mood has elevated even when I am not taking it that day. Kratom really has changed my life for the better. I can't say enough good things about it..	2018/06/08 at 2:17 pm	#mood #opioids #pain
Lone Wolf	started taking about 10 grams of Red Vein Malay & Sumatran Kratom plus Ultra enhanced Sumatra powder for over a week now. Its helping with my depression &	2018/06/10 at 11:18 am	#depression #energy #opioids #sleep #withdrawal

	<p>energy levels. I went cold turkey off of a 500 mg of Depekote in mid May REALLY stupid. I thought I was in the clear until about the 8 or 10 days out I hit the wall. I couldn't even get out of bed. I did get a new rx 3 days ago but not before ALL the Depekote was out of my system. It sucked Not nearly as bad as a Benzo or Suboxone WD but it still sucked Big time. I couldnt get out of bed & could have caused a seizure .Im REALLY lucky I just happened to be taking Atarax which im taking in lieu of Valium with some success which is also an Anti Convulsant at the time This is where the Kratom has helped while my body is slowly absorbing the Depekote again which is a 1-2 week window depending in the individual. I also threw my back out & I can hardy walk erect The Kratom DEF helps with that with a good 5-6 gram dose of Good Kratom</p> <p>So Kratom does work for me Its helping me with Sleep Severe depression & Anxiety from the Depekote & Valium WD's along with Atarax...</p> <p>... I have ADD an it helps with that as well.</p>		
Anthony W.	<p>I just started using Kratom 2 weeks ago when I saw it in a local convenient store. After being diagnosed with a pinched nerve and DDD. I was on light to heavier opioids with horrible pain from withdrawals. Since the first time I ingested the natural plant, my pain has lessened dramatically! Safer than ingesting all the energy shots!</p>	2018/06/11 at 7:37 am	#opioids #pain #withdrawal
Sue Cassell	<p>I have been using Kratom for almost 2 months. I am coming off pain meds after 15 years. Was taking 30 – 40 mg oxycodone daily for 15 yrs. Now I mix 2 mg Kratom with 32 oz powerade twice a day. No more narcotics. No more pain. In fact I have much less “breakthrough” pain.</p>	2018/06/13 at 10:03 am	#opioids #pain
Penny	<p>I am a total drug addict..any kind of opiate I can get my hands on and the withdrawals are pure hell. Omg like “I want to die” awful..and then I tried kratom. It is effin awesome. I would try the Red strain..it is euphoric like opiates and relaxing like Xanax. It makes the agony go away!</p>	2018/06/13 at 7:43 pm	#addiction #opioids #withdrawal

Edward Otero	.I was on Norcos for close to 5 years at a 150 mgs a day..I had a problem I became addicted to them..I quit Norcos cold turkey by starting the kratom..it worked for me...I had very mild withdrawals at the beginning..but after 2-3 days I was fine..I've been clean now for 5 months.	2018/06/14 at 8:26 pm	#addiction #opioids #withdrawal
Hbomb444	I have taken CBD oil and used cream. No results. Kratom helps pain and depression but I just can't seem to find the right dosage , strain, regime.	2018/06/15 at 6:14 am	#depression #pain
Moxie53	I' m somewhat new to Kratom myself (4 months of once or twice weekly) I don't use for pain relief, just to elevate my mood and energy. I find 3- 4 grams of green do it for me.	2018/06/15 at 10:07 am	#energy #mood
Connie Stary	I bought a sample pack and have used the Red Vein Maeng Da and it works well on my herniated disc pain. It tends to wire me.	2018/06/16 at 11:47 pm	#pain
Tex	I have a low tolerance to drugs and fibro as well. I take 1/2 teaspoon in the morning and the same at night. I'm able to ride my bike again and sleep well at night. I'm using the red bali.	2018/06/17 at 3:38 pm	#pain #sleep
Grant	the withdrawal of kratom is about 2/10ths that of opiates I've been taking it for a year now,trust me I know	2018/06/18 at 10:13 am	#opioids #withdrawal
Ken	I was on Nucynta (nick name "Super Tramadol) and it too has SNRI and some SRI activity. It was prescribed after back surgery and I used it for several months only in the doses prescribed. When I decided to stop I was able to taper over a few weeks by decreasing dosage and then decreasing frequency once down to lowest dosage. To get off of the last few milligrams I used Kratom and I never had any significant signs of withdrawal. I currently have L4-5 stenosis and Degenerative Discs resulting in chronic lower back pain. So I use kratom on a nearly daily basis. I decrease dose at times as	2018/06/18 at 10:37 am	#energy #opioids #pain #withdrawal

	well as switch strains and types so as to not develop tolerance. My pain that is a #7 without Kratom is a # to #4 usually. I can live with a pain level of #5 if I have to. Kratom also helps me with my energy levels depending upon the strain used. Used Maeng Da to stop Nucynta and now use varying strains depending on level of analgesia, energy, cognition I desire.		
Danny	I have been on 45mg. A day of oxycodone for 6+ years. Just started using Red vein Borneo a few days ago and the very first day I cut my oxy down to 20mg. a day. I use 2 tsp. dissolved in about 4-6 oz. of water or warm orange juice on is the best to mask taste. Will take 2-3 times a day.	2018/06/18 at 2:01 pm	#opioids
Joshua Johnson (2 comments)	Hope you're off the subs(i hate em). Me, personally, i switch from Bali to Red Kali and back. Those two worked the best for withdrawal for me. But its different with everybody. You have to find the dose that works the best for you. Considering the the only bad side effect is a stomachache, start off high, maybe 10 to 12 grams. Who knows, it give you a buzz. It does for me. But really the point is not to try to get high(unless that's what you want. God knows it's a million times safer than dope or pills), it's to take away your withdrawals. Honestly, I've been doin dope for about 20 years and this is the only thing that works really good to take away my withdrawal.	2018/06/20 at 7:19 pm	#addiction #opioids #withdrawal
	If i didn't find kratom I would be on the streets doing horrible things to get dope. It saved my life. And I went through 3 weeks knowing I would have bad withdrawal if I didn't have it. And now I maintain. Just like someone who takes methadone or suboxone. Plus I feel great everyday I take it.	2018/06/20 at 7:27 pm	#addiction #opioids #withdrawal
Sophie	I am bipolar and get terrifying hallucinations that are induced by stress. The meds that I am on work fine for reducing the frequency of episodes, but when I do have them kratom is a lifesaver! My psychiatrist is completely on board with me using it, and I may even be able to stop taking the klonopins I am prescribed for anxiety related to the hallucinations... for me this really works and I feel like I can live a normal life again.	2018/06/23 at 9:13 am	#anxiety #opioids

Amy McCuiston	I was taking suboxone for 2 and a half years and prior to that opiates for 3 years. My fiancée told me about kratom and that I should give it a try to get off of suboxone and I have to say the kratom did help extremely with suboxone withdrawals, but I still had mild withdrawals from the suboxone. I definitely recommend giving kratom a try and getting yourself off of methadone. Trust me I was paying \$600 for 60 suboxone strips, but I decreased myself down to 2 strips a day to a little sliver.	2018/06/26 at 6:33 pm	#opioids #withdrawal
Cory Lyons	Personally, I was on opiates for 8 years, had withdrawal a few times, so I know what it's like. I tried a couple different kinds to find the one best for my spinal arthritis and ended up on Super Green malaysian. FOR ME, it was the most opiate-like strain and I was amazed at how it killed withdrawal AND pain (better than opiates on the pain front). I've used it for 5 years now, no dosage or tolerance increase and it's made my life MUCH better...Took me about a month to get my dose right but smooth sailing ever since.	2018/06/28 at 1:04 pm	#opioids #pain #withdrawal
Amy	Red Bali is what I use and I take 8g per dose I mix in the bottom of a coffee cup with a little HOT water and make a paste so it doesn't sit on the juice..then pour in about 3 oz of grapefruit juice I read mixing with grapefruit juice is the best catalyst for pain relief ..I was on norcos for years and quit taking and using Kratom with better results than the norco also absolutely no withdrawal from the opiates	2018/07/07 at 11:06 am	#opioids #pain #withdrawal
RTW	I used Kratom (several strains) to come off Cymbalta, Neurontin, Ambien, Klonopin, Xanax, Valium, Vistril, and Zoloft. I use 3 grams in a tea every evening with CBD oil twice a day. No withdrawls (Coming off Cymbalta was hell!) and I feel like myself again! Life saver for sure!	2018/07/08 at 5:48 pm	#withdrawal
Janice	I also am proof that you absolutely CAN just quit and use kratom with zero withdrawal symptoms.. I had been opiate dependent for about 13 years and on suboxone for 7 of those years. I had tried to quit many times but failed before finding the kratom plant!!! I was taking 8 mg a day of suboxone and was able to finally succeed in my quest to	2018/07/10 at 3:57 pm	#addiction #opioids #withdrawal

	stop taking it... KRATOM saved my life and allowed me to find my soul and have a relationship with my father once again.		
Mercedes	I have found that red Bali is the best for my pain management and its effects are stimulating while energetic. I have to take 4-5 grams to be at a pain free or close to it level and be able to carry on with my day without feeling too sleepy which is very unlike any opiate I have ever been prescribed. I was taking pain meds for over 3 years and decided to go the natural way to find remedies to help me cope with my day to day life as a mom and the recovery was terribly hard. Then I found kratom and I can live life again and be the mom I want to be for my kids.	2018/07/10 at 10:18 pm	#energy #opioids #pain
Karla Miller	I was on morphine and hydro's.. Couldn't fill my script in another state. My son had some Kratom. NO withdrawals at all! So... Yes you can cold turkey and enjoy your vacation! This comes from a person who's been addicted for years... Thanks to Kratom.. Opiate free	2018/07/14 at 1:29 pm	#addiction #opioids #withdrawal
Paul P	On opiates for crippling back injury (30 yrs solid,) and kratom worked in helping me stop 80mg methadone, and 120mg oxycodone (by rx) daily use! Oxycodone was not the worst.	2018/07/15 at 7:36 pm	#opioids #pain
Adam	I've been using for 3+ years. No real side effects aside from maybe a bit of unease when stopping. But it's nothing like opioids withdraw. In the end it has a lot more pros then cons. Try to alternate strains and skip a day in between every few days to keep tolerance low.	2018/07/19 at 11:18 am	#opioids #withdrawal
Penni	It's been 3 weeks since my last methadone dose. I've had great luck with white Bali; that said I had tapered from 90 mg to 24 mg before jumping off. Kratom made it the	2018/07/19 at 12:25 pm	#addiction #opioids

	easiest methadone detox I've ever experienced- & I've done it about 5 times bc I'm hard headed.		
Denise	I have been on Kratom for 5 months and I have been able to get off 8 medicines! Some of them include, Tramadol, benzos, trazadone, Premarin, tizanidine (muscle relaxer), Seroquil and Keppra! I have been having negative adverse reactions, such as hot flashes, high blood pressure, rapid pulse, anxiety and confusion! I would be very careful w Kratom if u use it for methadone withdrawals because methadone is a strong drug and hard to get off of (believe me I've withdrawn from opiates and benzos (klonopin) and almost died from a stroke!	2018/07/19 at 6:41 pm	#anxiety #opioids #withdrawal
Cindi	When I first started taking Kratom, it was to get off opioids (previously on 200 mg Morphine and 5-30mg Roxicondones/day or more) I was put on Methadone to get off the Morphine and Roxi. This was the first time I didn't go thru that horrible withdrawal. I felt as if I had found a miracle, and still do... The Kratom is the only thing that has helped me and my husband to be able to get off pain pills. I have also had a spinal fusion. I have fibromyalgia and widespread chronic pain. Kratom has been a God send. The Yellow Indo used to make me sick so I quit taking it. Now I like the greens and whites for energy. They also provide enough pain relief to get me thru the day and night...I still have never felt this euphoria everybody talks about. But energy and pain relief is good enough for me to keep taking it. I use a small amount of orange juice in a bottle (old single serving orange juice bottle) about one or two inches in the bottom and then add about two teaspoons of Kratom... When I first started I was using anywhere from 9 to 14 grams twice a day. Even though the stuff taste terrible, it is worth anything not to go thru withdrawal...It can get to the point you don't want to live anymore. Like I said before, Kratom has been a God send to me. I don't know what I would do if the outlawed it. The legislators need to know this is the answer to the opioid addiction crisis this country is suffering from. They don't want an answer because the doctors and pharmacies are making a fortune getting people hooked. I finally said-NO MORE. I was sick of being a slave to a pill.	2018/07/19 at 8:41 pm	#addiction #energy #opioids #pain

Lisa	I'd like to mix it with orange juice instead of making the tea maybe but how would you get the excess stuff out of it that? It does GREAT for everything I deal with except I've learned horribly, that it is NO good on my GI at all	2018/07/20 at 7:00 am	
Adam	from my personal experiences withdrawing from herion and suboxone i found the white indo helped i would take about a table spoon everytime the pain was too much it definitely helped unfortunately there is no 100% silver bullet to cure all the opiate side effects but Kratom seemed to be the closest thing to relief...	2018/07/21 at 7:21 am	#opioids #pain #withdrawal
Mike	I went from 120mg methadone to nothing using kratom. I started at 16 grams (4 grams every 6 hours) red Bali a day and have went down and still at 8 grams a day in a 2 week period and have not had any withdrawal symptoms. I wonder as I taper more if I might have withdrawal.	2018/07/22 at 8:54 pm	#opioids #withdrawal
K. KNIGHT	I moved to Wisconsin after being on pain management, which the governer "declaired war on opiots" and took me from 8 oxy a day to nodda in 3 months. Scarry, but you can do this. Its hard, Kratom helps and once you start just do it, no matter the sucky part push through. Currently I am takeing Mangda Green, works well for pain	2018/07/23 at 3:38 am	#opioids #pain
David	I have arthritis in my back and joints from years of carpet installation. I have had a hip replacement and both knees need repaced. I went from only walking a short distance and having to stop because of pain. I took 10 ibuprofen gabupenten. I started using a green kratom in a small amount 1/2 teaspoon a day and I can walk normally now. This is all I take. I just had shoulder surgery from form rotor cuff and nerve damage I took for 5 days and stopped and went back to Kratom. and real good. I also found my mood is better. This has been life changing for me.	2018/07/28 at 2:00 pm	#mood #pain

Karen Mokas	I also have fibro pain and I use 2 teaspoons of red maeng da in orange juice one to two times a day sometimes I only do it at night this works great for me	2018/07/30 at 12:07 pm	#pain
Lori Z McIntosh (4 comments)	I am a pain patient. I was on Dilaudid, Methadone, MS Contin and Valium. I also have ADD and was taking Vyvanse and Adderal. A hell of a cocktail to be sure... I got off methadone a year ago by using Levorphanol. This is a very old opiate that has been re-approved for use. I have used white, green and red...I am off ALL pharmaceuticals now. My ADD is better, my pain (I have CRPS. It's said to be the single most painful disease known to man, worse than cancer, amputations and natural childbirth.) is NEARLY UNDECTABLE. If this stuff can kill what I feel, and I was in line for a dilaudid pump to be implanted- it will help you. I also have PTSD, panic anxiety disorder and major depression. I have gone from being an absolute wreck to feeling better than I have in YEARS, all because of Kratom...Come off the drugs COLD TURKEY, the Kratom will keep you from being sick. Trust me, I know. Oh, I was on Suboxone as well, and I felt nothing. No sweats, running to the bathroom ever five minutes, long nights "kicking the sheets"- basically what we all live in fear of when enslaved by pharmaceutical drugs.	2018/07/30 at 6:48 pm	#opioids #pain
	The Red Bali is GREAT and helped me off Dilaudid, MS Contin, Valium, and meds for ADD. I'm amazed at how much better I am. You don't have to live in fear anymore.	2018/07/30 at 6:57 pm	#opioids
	I'm also a pain patient who believed only opiates could help. I have CRPS, and there's just not much adjustments can do about that. Kratom got me off all opiates and my health has vastly improved.	2018/07/30 at 7:09 pm	#opioids
	I'm in much better shape now than when I was taking Ketamine, Dilaudid, MS Contin, Valium, Tizanidine and Norco. I also was on methadone for pain. If it worked for me, it will work for anyone. I also have a genetic tolerance to all opiates, meaning I can take opiates that would floor a normal person. Even so, Kratom has broken the chains that	2018/07/30 at 7:24 pm	#opioids

	kept me in fear constantly. Fear of being sick, of the DEA taking away my meds, etc. I feel better than I have in twenty years.		
Amy	my husband KICKED with kratom!...We drink the red borneo and i drink bc i have chronic life long back issues and constant pain. I made him 1 tsp in a big shaker bottle w apple juice and whenever he felt sick he just took a chug. BAMMO! Ive used kratom for years at least 5 now and about 3 years in i cold turkey-ed and was slightly inconvenienced for a week, mild withdrawals... i slowed waaaaay down these days but kratom for pain is my choice these days	2018/07/31 at 4:57 pm	#pain #withdrawal
roonz	I'm on suboxone maintenance as well, and I take Kratom every other day. From my personal experience and from what I've researched, there are no ill effects. You can take Kratom before, after, or even while on suboxone.	2018/08/02 at 4:00 am	#opioids
Michael A	I also was on MS Continued and Methylphenidate. I suffer from a neurological disorder Neurofibromatosis. I have many tumors in my body and have had 14 surgeries over the last 25 years. With the Red Bali I no longer need and opiate pain meds. Kratom has saved my life. If it's made illegal I don't know what I'll do.	2018/08/03 at 11:40 am	#opioids #pain
rachael newman	Red maeng da is usually what is the best for detox. I speak from experience. You might have to start off with a little larger doses but once you get 7-10 days under your belt you can cut down some and you will feel ALOT better	2018/08/11 at 5:45 pm	#withdrawal
John garrison	50 years old, 2 back surgeries and finally realising, after 15+ years of being on every conceivable painkiller know to man except the illegal ones, that they just don't work anymore. Anyways I'm lucky to have a kratom store here in town, so Friday I decided what the hell and spent 28 dollars on 4oz of super red indo, not really expecting anything but disappointment. Well here I am 430am sunday morning and no withdrawal effects and actually feeling better than if I popped some pills.	2018/08/12 at 1:34 am	#opioids #withdrawal

sean	<p>I was on methadone for over 10 years. I also tapered from over 100mg to 1mg., but from 1 to 0 is absolute hell. Everything you mentioned, astronomical blood pressure, not a wink of sleep for weeks.</p> <p>Kratom also saved me. I have been on the kratom for a few months now. I was concerned about being addicted to this now, but your testimony has given me some confidence.</p> <p>I mean, it cant possibly be worse than methadone.</p> <p>Although its pretty expensive, Im gonna stay on for a few more months to be sure the meth is completely gone, then Ill deal with this.</p>	2018/08/12 at 10:26 am	#addiction #opioids #sleep
Phillip Furgason	<p>I am an example of someone who was in your boat and switched to Bali Kratom, vitamin B and a gallon of water a day. RLS meds for the first week. It works!!!! This with other changed habits will work and you can do it.</p> <p>I am experimenting with other strains of kratom to see what it does but I think that's just the addict in me 😊 tho I do enjoy the effects.</p>	2018/08/13 at 9:10 pm	#addiction
Nancy C Kessler	<p>I am an opiate addict who has been on 2 mg of suboxone a day for 7 years. Kaiser has been unable to fill my script due to back order issues and even at a low dose, i have had withdrawal symptoms that leave me painfully uncomfortable..especially high blood pressure. My son recommended kratom and it's like a miracle for me. I am so tired of being a slave to the pharmaceutical companies and being treated like a criminal when I ask for my script to be filled on time. I have no withdrawal symptoms ad my bp is 120/80. However, I'm scared to get off suboxone only because I never want to use opiates again and it's been a marvelous insurance policy at low doses....but as i said, I'm tired of being beholden to pharmaceutical/insurance companies... started out as a pain patient who ended up on the nightmarish road to physical/emotional dependence.</p>	2018/08/14 at 11:31 am	#addiction #opioids #pain #withdrawal
Ruby Trivett	<p>I've been on pain meds for ten years for severe chronic back pain, degenerative disc disease, spondylithesis, nerve damage, etc etc etc. now I can't even get an appt with a</p>	2018/08/21 at 7:48 am	#opioids #pain

	pain specialist. Thank GOD I found kratom or I don't know what I'd do! Certainly wouldn't be working and being a productive member of society.		
Nita	I used kratom to come off of suboxone. It was a life saver. I stuck with red Bali for the first month or two. Subs are hard as hell to come off of but with the Bali I had little to no withdrawals. I didn't need to take anything for diarrhea like loperamide and i would never suggest taking 20 at a time like the other poster mentioned. People die from taking too much of that. It has been 8 months and I still take kratom for my neuropathy. I also take breaks from it for fear of another addiction. But kratom is very good for pain, depression and anxiety. I'm fixing to try to get off my citalapram using it. I will definitely do a long taper for that tho. I hope and pray they keep kratom legal here in Texas. I feel like it gave me a new lease on life.	2018/08/26 at 3:29 pm	#addiction #anxiety #depression #opioids
Devin	I have take kratom daily for 12 months (periodically before that starting about 10 years ago) and over the past year I have found myself more in control of my internal and external world than I ever have before. I was a heroin/cocaine addict (in Detroit) for a good 5 years. Not any kind of lightweight either, hell I remember spending \$15,000+ on the crud in less than a month at my worst. While only revealing what I need to for the sake of perspective, I'm sure I committed far more absurd acts in my addiction, aside from wasting large amounts of money. Long story made short I ended up on Suboxone for about 800 fucking days. I include the expletives in regard to Suboxone because I don't know who, or why someone decided Suboxone (buprenorphine) to be a reasonable LONG TERM therapy for anyone other than the most at risk people, i.e. top 5% of addicts. ESPECIALLY at doses >2mg. Either way, I bought my subs off the street after the first few months, because it removed the convenience factor associated with getting 60 x 8mg tabs or strips each month. I consistently took 4-8 mg a day for 2 years and anywhere from 1.5-3mg daily for about 6 month before quitting cold turkey, with the help of Kratom. Even with Kratom, I don't think I slept for 3 months but it's hard to say what caused that, given I had to try 15 different strains/sources of Kratom before I found one that made me say ah-ha! With that being said I give Kratom at least 50% of the credit in helping me regain balance in my life. Don't strive towards anything other than what you know you need to do to ADVANCE as a human being...I take up to 15 grams some days and have yet to experience anything other than mild dizziness and nausea when taking too much. Too much being 25g+ in a 6-8 hour period. Less is often more with Kratom when it comes to dosage. My average dose after one year is	2018/08/27 at 8:36 am	#addiction #opioids

	3grams of my preferred strains... I am gradually taking less Kratom as my life improves.		
Jess	Relatively new to kratom, but I'm a true believer! I have Crohns disease, migraines, arthritis and cluster headaches. I've used narcotics, and I hate them. I currently get botox injections for migraines and am on Entyvio for Crohns. I use cannabis regularly and in several forms it is also a great complimentary therapy! I have used Bali, and Maeng da strains of kratom. Bali I had to use lower dose, probably 3.5 gm. Maeng Da I use between 5 and 9 gm depending on my daily needs ie energy or pain relief. I have taken capsules which is tedious because they come in 500mg doses (lot of pills to take), and powder 1tbs= approx 2.5gm. The powder is gross but it can be done and it has immediate effects.	2018/08/29 at 11:11 am	#energy #opioids #pain
Traci H	Off opiates and Kratom has saved my life but recently I'm not feeling pain relief, mood or energy I was feeling and I'm wondering if it's bc the quality of the Kratom I received this last order was not as good.	2018/08/31 at 11:25 am	#energy #mood #pain
Lisa S	I've been on opioid pain killers for 10 years because of severe back issues. I've had a fusion and disc replacement in 2007 and I'm still in pain. The last 4 years I've been bedridden and in a wheelchair because Insurance was fine with me taking 150mgs a day of pain meds, but not approving the surgeries I needed. Finally a special person paid for both surgeries to fuse my si joints and that pain is gone, but my lower back pain keeps getting worse. I wanted off my pain meds and I've been completely off for 30 days today. I started taking a mixture of a red and green strain of Kratom just 3 days ago. No pain, my withdrawal symptoms that I was still experiencing because I'd been on opioids for 10 years are gone, and I'm finally sleeping for 6 straight hours at a time, instead of 2-3 because I've been taking another strain of Kratom to help me sleep. I don't even spend what I spent on 1 of my pain meds for the Kratom I need and it lasts me over a month. I'm finally living and not just existing in bed day after day.	2018/09/01 at 9:26 am	#opioids #pain #sleep #withdrawal
Anthony	i take kratom daily for pain and depression ive had abdominal surgery and have dealt with psychical pain myself i was on pain meds for a short time before they cut me off	2018/09/01 at 1:30 pm	#depression #opioids #pain

	<p>when i was still in severe pain. Of course no one listened so i was forced to medicate myself i had already knew about kratom but always took it for recreation. So i tryed the Red Bali and saw a dramatic difference in both physical pain and the mental anguish that comes with it. Anyway i highly recommend you try Red Bali Kratom start with 4.5 to 5gs to see how u feel then adjust dose as necessary just don take with your pain meds thats Important. It has helped me threw so much and am glad i started taking kratom instead.</p>		
Jeremy James	<p>I was hooked on 30mg oxycodone for 10 years. I have tried to quit cold turkey several times and found it was dam near impossible. Kratom is the only thing that has worked for me. In the morning I take 3gm of the green Maeng Da (for energy boost, anti diarrhea, and overall good mood) in the PM I take 3-5g of the red vein Bali.</p>	2018/09/03 at 12:32 pm	#addiction #opioids #mood #withdrawal
Mike	<p>I been using different strains of Kratom for chronic pain and Methadone withdrawals. My experience has been that the white strains are for mostly energy with some pain relief and mood elevation. The greens are more mood elevation and pain relief while the reds are more sedating with pain relief. Red Maeng Da is an exception to the rule. Because it is a high breed strain it is very stimulating and provides the most pain relief for me. I take 3-5 grams of Kratom (different strains based on need) every 4-6 hours and stop taking the stimulating strains around 4pm so I can get to sleep between 10 and 11pm. Some of the other red strains can be used as a sleep aid...I limit myself to no more than 18 grams per day.</p>	2018/09/04 at 12:26 pm	#opioids #mood #pain #sleep
Leafoffaith	<p>What i did to get off Suboxone (11 year on subs) is the following- micro dosed down to 1/2 mg maybe smaller. You can do this at 2mg as well. You may call just need to take a bit more kratom at first... Bare in mind your coming off a synthetic OPIOD, don't feel discouraged. Your probably gonna take more at first, but the reality is less is more with kratom. When getting off opioids, you may need to stack your doses... Maybe a dose every 2-4 hours- listen to your body. You'll know when it's time to redose.</p> <p>The idea here is to not think about the Suboxone anymore. The withdrawal from that garbage is absolutely horrible, but taking your kratom WILL help tremendously with the physical and psychological dependence issues to the Suboxone. Take less subs, by</p>	2018/09/04 at 9:50 pm	#addiction #opioids #withdrawal

	<p>taking the kratom. Your gonna prob need kratom for a while, while you reprogram yourself– but when you're ready, you can take less and less kratom, till you may only need it when you have a migraine or feel pain. This is what I did. I've been off subs for 4 months.</p> <p>As of today I make tea the night before – typically 8 grams, and sip when I needed it throughout the day.. many times I have tea left over for the next day. You can totally get off subs with kratom.</p>		
Randy	<p>i have been taking Maeng Da mostly for over a year and 6 months. I am 67 with spinal stenious, severe degenerative disease, arthritis, carpal tunnel syndrome, neuropathy jn all extremities. I had a serious opiate problem as well. I take two heaping teaspoons every 2 to 3 hours. I get pain relieaf, alertness, energy and can work long shifts. I never get high. I do feel good.</p>	2018/09/06 at 7:38 am	#addiction #energy #opioids #pain
Tina Manning	<p>My life has been pure hell for the last 3 years suffering with RA, Fibromyalgia, migraines, which I had already completely cold Turkey got myself off pain medication. Then....I got sick. With the worst pain in my life. It was worse than childbirth pain. And it has been compared to cancer pain. I have pancreatic duct disconnection syndrome, with chronic pancreatitis. I have wanted to die several times over. I was in and out of hospitals every 2-3 weeks on IV medications and once home, having to get off the pain meds and still be in excruciating pain. I am now preparing to have part of my pancreas and spleen removed. They have already taken my gallbladder and gone in by scope several times. It wasnt until I found the kratom that just took the edge off from the pain, that I actually felt like I was going to make it through all of this. Kratom is a miracle for those of us that truly suffer. It's not for getting high. If people want to get high, go find your crap on the streets like everyone else. That way it doesnt effect those of us that are trying to live our lives like normal people.</p>	2018/09/06 at 8:20 am	#opioids #pain
Cindy	<p>I have been taking kratom for over 15 years. The side effects on taking it long term will be a healthier lifestyle along with fewer bouts of pain and flair ups. It is certainly better for you than the prescriptions . Although I am not a doctor, I am an experiercer of long</p>	2018/09/07 at 12:31 pm	#pain

	term kratom use. It's my belief that I would be dead if I stayed on what the doctors had me on.		
Adam	Kratom allows me to enjoy life again, thank God	2018/09/10 at 5:53 pm	#mood
Shiela (2 comments)	<p>Had someone been as bold as you on my side I probably would have never gotten mentally addicted to opioids to begin with. Many many melanoma cancer surgeries later I finally made the choice to go off them and my dr put me on suboxone. Was on that for a year and weened off. Since I've been off of everything now for only 4 mo I'm relearning who I am. Opioids almost took my life and nobody knew. I was a silent addict I guess you could say. I bought a bottle of the green mae da (spelling) and have been taking 3 capsules in the morning and 3 in the afternoon. The bottle doesn't come with directions so I'm kinda guessing at what to take. Mornings are the worst for me. My body aches and I have zero energy since being off everything. I'm a believer in Kratom as I've noticed about 30 minutes into taking them I don't feel sooo tired and achey.</p> <p>Do you know how much a person can take to get through the day without the "high" people are wanting. That very thinking of wanting the buzz is where addiction starts. I know bc I've been there. I just want my former life back before opioids almost took it.</p>	2018/09/12 at 4:17 am	#addiction #energy #opioids
	Kratom has been nothing a positive experience for me when I made the same choice to wean off the opioids and never look back. When we give the testimony of how it has worked for us, it offers HOPE to the people who are sick and desperate to do now what we have done then.	2019/11/03 at 12:46 pm	#opioids
Tammy L Yarnell	I have severe back pain due to several surgeries which includes my entire spine fused. Kratom is a life saver for me and made withdrawal from hydrocodone a piece of cake. I live kratom, I have great energy and my mood is awesome	2018/09/15 at 11:21 am	#opioids #pain

Sari	I've never had a dependency to it. I've taken it off and on for about 8 years. Like today's September 16th, I've taken it 3 times since August 26th. So about once a week. The dosage chart I would say is accurate. I sometimes go 3 to 8 weeks without taking it. I have pain fairly moderate to severe but not typically everyday.	2018/09/16 at 1:26 pm	#pain
DH	38 year old mom of 3, taking Tramadol for the last 4 years for pain issues. I told myself I had had ENOUGH. It's been 6 days off Tramadol and with the Kratom I feel like I am finally able to feel the sun on my back. I enjoy taking walks again...listening to music is meaningful again! 6 days in and while I am still feeling the effects of withdrawal, Kratom has saved my life and my family.	2018/09/17 at 7:46 am	#opioids #mood #withdrawal
Michelle	I absolutely LOVE kratom. It's a life saver! It feels great and does what it's supposed to everytime.	2018/09/18 at 12:51 am	#mood
Chris	<p>I heard of it while searching YouTube for help with opiate withdrawals. I took Tramadol for 18 years and then stopped when I was put on Fentanyl for my back. Well, my doctor at the pain clinic had a heart attack and went out on disability and then DHEC was crawling the place after a doctor and his wife (who was a Physician's Assistant or PA) were arrested for running their own little racket. So my PA said I was over medicated when I told him I'd been in bed for four days. I tried to explain after he flipped that I meant I had not left the house for four days...not literally been in bed. So BAM, just like that they weaned me off in one month's time after taking 50mg/hr every 48 hours for two years.</p> <p>Long story short: I heard about the anti diarrhea medicine option, but figured I still needed to shit and taking ten or twenty was not an option. I went ONE day cold turkey and couldn't handle it. I almost went back to the Suboxone clinic but after trying Kratom, I've had zero withdrawals and my pain is much more bearable. If the FDA does schedule it, my doctor will give me a script and my f'ing insurance can foot the bill, because it can get rather expensive. Finally, I've found that after about a month, I'm only having to dose maybe 4-6 grams once a day, which is definitely an improvement.</p>	2018/09/18 at 11:51 pm	#opioids #withdrawal

David StPierre	<p>Having a script for oxycotin because of back surgery when I was 21 yrs.old (I'm 61 now). I just discovered kratom..I usually run out of my script and have to go through withdrawals. During my withdrawals,I started drinking (again) around 8 months ago. Before the drinking,I have a few friends I could buy some oxi's when I ran out. Very expensive..</p> <p>Now I'm trying out kratom instead of using oxi's. when I start feeling like I need an extra pill,which will result in running out..I have to say that doing this has me taking my oxi's the way I'm supposed to...2 a day 60mgs.Kratom is far more cheaper. I have a few coffee's in the morning with 1 teaspoon in each(bali red),only 2 oxi's a day now and haven't drank in a week....Its a start..Now my girlfriend is talking to me(she wasn't for a while cause I smelled of drinking) and I sleep much better. A friend of mine introduced me to kratom and I hope I'll continue. I feel better from not drinkin and kratom makes me feel sooo much better. The head shop I go to always has plenty on hand.</p> <p>Thanks for reading this where I'm basically a newbie and hopefully I'll continue on this path..My girl wants me to QUIT the oxi's but I dont know.</p>	2018/09/19 at 6:56 am	#addiction #alcoholism #opioids #mood #withdrawal
brian	<p>I take Kratom daily for herniated discs in my back I have tried many different strains the best one's in my opinion is Red Bali, Red Thai, Red Horn. My absolute favorite is red thai great pain reliever, nice mood uplifting, more stimulating that the previous two I mentioned but for me it's been a godsend!</p>	2018/09/20 at 6:49 am	#pain
KBarker (2 comments)	<p>I use kratom to supplement my ADHD medication. It has a tendency to cause me anxiety on the backside of the medication effects, among other side effects.</p> <p>Kratom balances out the negative side effects of my ADHD meds very well. My wife said she's never seen me as even keeled as since i added kratom to my daily supplement routine.</p> <p>I also get much farther along in my prescription cycle than i used to because before the kratom i would end up taking another dose of ADHD med to counter those bad side effects.</p>	2018/09/21 at 5:57 am	#anxiety

	<p>I have been using Kratom for about 12 months. Because of my personality and bad habits, I've used more than necessary often during that 12 months. As a result, I no longer get the Euphoric effects from prescription painkillers which is what led to abuse of those drugs. The analgesic properties still work, but I don't have the urge to use prescribed painkillers for "high" now. I don't even think about abusing those medications now. I consider this a good thing.</p> <p>The only downside I've seen over the last year is dehydration, due to taking more Kratom than is necessary. As with all things, too much can cause unwanted problems. I don't have medical proof that the Kratom led to Kidney stones, but the stones I had recently were due to dehydration and so I am assuming the connection. I am otherwise pretty healthy, I eat well and I drink lots of water daily. I never adjusted my water intake though, and do experience a diarrhetic effect (have to pee more). Overall positive effects: reduced inflammation and pain (endurance runner), calm, positive mood, feel centered and don't get anxiety any more, better sleep (as needed by using Red Vein), generally better person to be around (confirmed by others, lol!)</p>	2019/01/20 at 9:52 am	#anxiety #opioids #pain
RichieRich Caniglia	Great to hear, I was up to 125-150 mg Oxy after few yrs, I have kicked and Kratom has been a saving grace!	2018/09/21 at 6:01 pm	#addiction #opioids
Chette	I have been using Opioids for years because of a severe lower back injury. every three days I would not take them and allow my body to recover this minimized the addiction. then I started using Kratom. Three teaspoons a day work as well as four 7.5mg of codeine but they both cause constipation and I found a solution for Kratom (less effective for Codeine).	2018/09/24 at 2:11 pm	#addiction #opioids #pain
allan	I would eat a turd to get away from pain meds . White mang di. Seems to be helping	2018/09/25 at 3:53 am	#opioids

Chris doc	My dose is about 2.7 as I use maeng da for pain (I had my spine fused in January and I'm only 24 so I don't like taking narcotic pain relievers) and I'm still going up from there. I feel like I'm going to stop at 5g.	2018/09/28 at 10:50 am	#opioids #pain
Mike (2 comments)	White vein Thai saved my life, no more booze, no more opiates. Literally changed me in my 30's to a better person.	2018/09/29 at 7:40 pm	#alcoholism #opioids
	I have used Kratom for approximately 5 years it has helped me to stop drinking as an alcoholic, just stop taking prescription opioids, and the underlying pain from multiple back and knee surgeries over the course of approximately 20 years.	2018/09/29 at 7:38 pm	#alcoholism #opioids #pain
Becky W (2 comments)	I have cancer and this tea has helped me.	2018/10/01 at 4:00 am	
	I have multiple myeloma. Terminal cancer... I take it for pain.	2018/10/01 at 3:58 am	#pain
Kratombeliever	I'm taking Kratom in place of Fentanyl, believe it or not and I couldn't be more impressed with the pain relief I'm receiving!! It's a miracle plant, it truly is.	2018/10/03 at 11:10 am	#opioids #pain
Ryan	I have taken kratom for 8 years, I cant believe how this changed my life. It makes me feel normal, not high but feel good about everything. It's something I would recommend to anyone for any type of psychological issue or opioid dependence. I had both. Off of antidepressants and pain killers	2018/10/05 at 12:22 am	#mood #opioids

Christine	<p>I have cervical spine pain from a birth defect... born w/o 3 discs, so my bones have been trying to correct the issue. I am in constant pain! I have extremely tight trapezoids, and this causes deep muscle pain.</p> <p>I had been on Oxycodone (30 mg) for over 10 yrs! One in the morning so I can function; One at bedtime so I can sleep w/o chronic pain. My tolerance is now very high to these opioids! I wanted to stop the addiction, or, as my pain doctor (enabler) calls it: dependence. Whichever. Both suck!</p> <p>My husband watched and shared w/me a Netflix documentary: "A LEAF OF FAITH" by Chris Bell. Highly recommend you watch!</p> <p>We found Kratom (Maeng Da strain) in 500 mg capsules, which is 1/2 a gram ea...</p> <p>... I have not taken ANY OPIOIDS since 9/15/18, and I feel great! No withdrawals, no side effects, much less pain! Additionally, I take 2 Aleves in the morning for muscles inflammation. Whatever works.</p>	2018/10/08 at 1:25 pm	#addiction #opioids #pain #withdrawal
Bryan Beemarre	<p>I am 18 and also have degenerative back disease. I almost exclusively use red strains, sometimes green, from a local store; red bali, red borneo, red dragon, green elephant, both red and green maeng da...I am on about 6 grams right now and feel significantly less pain than normal...ultimately the thing that has helped the most with my back pain has been core strength training. I love climbing as something both fun to do and good for me physically and mentally, I use kratom sometimes to be able to go do just that.</p>	2018/10/08 at 3:05 pm	#pain
Mac.	<p>I myself have been taking Suboxone for 7 yrs I now use Kratom...MaenG DA silver I take around 6 through out the day and also take couple doses of the powder of the red leaf and so far it's working Suboxone is a tough thing to get off More so then opioids</p>	2018/10/12 at 8:21 am	#opioids
Crystal	<p>I take green maeng da in the am instead of Adderall and red bali in pm.</p>	2018/10/12 at 12:47 pm	

Chrissy Johnson	Kratom has been a life saver! I've never been a drinker. I need the meds for pain. I usually run out...I found kratom last yr. Helps enormously!	2018/10/14 at 3:32 pm	#pain
Nathan	I was on methadone for 3.5 years 80mg a day. I used kratom to get off and today is 40 days clean off that junk. I also have lower back pain from herniated discs. I used mang da up until recently where I heard people saying they had great success mixing a red and white or green vein, but I digress I had to take what I initially thought was a very large dose of 10 grams and come to find out that's moderate from what I've read. With anything start smaller for safety and nausea reasons like 5 or 6 grams on an empty stomach, that is crucial you should start to feel the effects within 30 minutes. If in an hour you need more than take more. Also and this is off the topic if you can get some GABApentin that's what really helped me in the beginning and through the harshest parts of withdrawal. When we are withdrawing our brains go into fight or flight mode with neurons firing like a Tommy gun. Well gabapentin calms the brain it's been a godsend. A couple of sleepless nights and a little restless legs (that were later both fixed by introducing kratom) has made this ol' junkies recovery a walk in the park. Wish I knew what I know now when I was using heroin and never made the transition to methadone. But I wasn't ready then I had to OD and die twice to get my shit straight.....	2018/10/15 at 10:13 am	#opioids #pain #withdrawal
karen	i am very new to all of this. i used kratom to get off pain meds. i have a lot of metal holding my spine together, they just took a foot of my intestine out of me, i have a feeding tube, many conditions. i have two problems. the guy i get my kratom from is charging me \$110. a kilo, i live on a fixed income of less then 800.00 a month, so, it is time for me to do something for myself. the second problem i have is finding a new doctor. with all the new laws that have taken place, because of the pain pill over doses, my doctor just is not the same. i need a dr. that will listen to the patient and not let the gov. tell him or her what to do. i live in phoenix @ my pcp needs to be a internal med	2018/10/15 at 10:54 am	#opioids #pain
Jason	I have been taking Green Maeng Da powder daily for about 4 years now due to a ruptured disc I acquired during military jump school (Airborne) many years ago. I have	2018/10/16 at 6:40 am	#pain

	<p>tried to use the powder in the pill capsules in an attempt to make my Kratom use more portable and easier. However; the capsules did not work for me at all, I believe it may be something about the capsule not dissolving until it is in your intestine maybe?</p> <p>Anyways, I use a measured 1 teaspoon cooking spoon to “toss and wash” my kratom with my coffee , its gross , but my wife mixes hers in about 2 oz of orange juice and says it isn’t bad...Over the years I now take 2 teaspoons at a time about 3-5 times a day depending on what my work load is. I’m a diesel mechanic by trade.</p>		
Brandi R	<p>I began using Kratom four years ago after I had my thyroid removed because of cancer. I was sleeping 18-20 hours a day and had horrible joint pain. Then, because of hypothyroidism depleting my calcium, I broke my ankle and shredded every ligament and was given opiates for pain. After three months on them I decided to try red vein Kratom. My pain was immediately gone. I tried green strains for energy and was once again a functional human being. I’ve had three surgeries since my thyroid removal, all due to thyroid disease, (heart ablation, hysterectomy, and gallbladder removal), and only used narcotic pain medicine for the 2-3 days in the hospital, then I began my red Kratom and was fine. Kratom has been the ONLY thing, (after eight doctors and \$40,000 in doctor visits, lab work, medicine, and supplements to try and feel better) that has given me back some quality of life.</p>	2018/10/21 at 3:26 pm	#energy #opioids #pain #sleep
Aaron h	<p>It feels like the hand of God keeping me from withdrawal. I’m taking maeng da, not even sure what color, and kicking heroin. This stuff is amazing and needs to be put on blast to save all those trapped in pain and addiction.</p>	2018/10/22 at 1:54 pm	#addiction #opioids #withdrawal
Melissa	<p>I stopped methadone 60 mg cold Turkey using kratom... had been on oxys for years... I’ve used it 15 months and it has done more than any pain pill ever did... it saved my life...</p>	2018/10/22 at 10:04 pm	#opioids
Toberlynn	<p>My first time with red maeng da didnt effect me til the next day and i explain it to ppl as being The Tin Man getting his oil. No pain anywhere, felt like i needed to take advantage of the Younger version of me. Better than any Motrin, tyleno, naproxen cocktail ever.You finally feel just like a normal person. I highly recommend a trial/error</p>	2018/10/25 at 12:02 am	#pain

	so you can get back to the YOU you once were even if just for 6-8 hours. No qualms, better than wasting away in your disability.		
Nancy Tripp	I was on percocet tens 5 A-day for almost 20 years and I went cold Turkey using red thai, And I never looked back... is a live changing alternative to opiates.	2018/10/27 at 4:40 pm	#opioids
Devin D	Suffering from severe lower back pain and slight depression, which the depression is from lack of physical activity due to pain, I finally took a friend suggestion and with great hesitation, I tried kratom. I was extremely hesitant at first due to the negative stigma that I found while researching on the web, but I held fast and trusted my friend would not steer me in the wrong direction. Thank God I didn't give up on my research! In short, my life changed dramatically for the better after consuming kratom! My severe back pain was extremely manageable immediately after getting on kratom! And a bonus side effect was a feeling of positive, well-being! Not like a caffeine jittery high, but a smooth increase in energy, and a dramatic "Get up and get it done" feeling!!! It literally saved my life. I even had mild thoughts of suicide prior to taking kratom. I was one of the fortunate ones who ignored the false and misleading write-ups on kratom and just listened to the results of my friends journey!...The only negative thing I can say about kratom is there is no concrete dosage to go by. You have to work that out on your own. I find my dosage is between 4 to 5 capsules in the morning on an empty stomach and it works within 45 minutes and usually effective during working hours. And the last negative I would mention, and I don't even know if you could call it a negative but there are many strains and you really need to do your research and experimentation to find which strains work best for your particular situation. I have experimented with seven strings and now only use two specific strains for my energy and back pain. those two strains are white maeng da and super green indo. Kratom sounds too good to be true but the miracle is real!	2018/10/31 at 3:05 pm	#pain
Kate	I'm a newbie too but am totally "hooked" on Kratom. No doctor will help me with pain pills I have fibromyalgia and arthritis real bad and hurt constantly. Kratom is the only thing that helps me. My husband makes it up into pill form for me, and I take 6 to 8 "00"	2018/11/01 at 10:17 am	#opioids #pain

	pills every 4 to 5 hours. It has given me my life back. I used to just sit and cry. Now I lead a normal life.		
Kelly	I'm trying to cut back on my norco, just got off of the pain patch fentanyl, just started with Kratom and it's been life saving for me!!!	2018/11/03 at 1:56 pm	#opioids
Eternally Gr8ful	I've been taking Maeng Da powder for a year now I measure out 6.5 grams 3-4 times a day mixed with orange juice or cranberry juice. If I take more than that it upsets my stomach and my eyes do that crazy shaky thing. I'm a recovering addict and will swear by kratom. Not once have I felt the urge to use opiates, the kratom gives me that same feeling the pills used to...it actually lasts longer though. Kratom has saved my life 😊	2018/11/07 at 11:54 am	#addiction #opioids
Kevin	I was an addict for 15 years. I've been sober for 5 years. But anyways. I find that a red indo or a red maeng da is great for pain relief and opiate withdrawal I myself use a red maeng da for pain relief but that's just my personal preference	2018/11/09 at 3:14 pm	#addiction #opioids #pain
Nick	I've been on suboxone for a while after getting carried away on painkillers myself for about the same amount of time as you specified so I understand completely. I like the RED MAENG DA or BALI. I take around 4-5 grams twice daily. I've only been taking the Kratom for a couple months so I'm a beginner myself to this world but there are definitely warm euphoric vibes mixed with a stimulant like energy, so it's a nice combination. Being so damn tired was one of the worst WD symptoms when trying to get off the hydro, oxy or methadone/suboxone.....I haven't completely eliminated the suboxone yet but am down to under 2mg a day and dropping which is extremely low. After being addicted to opiates for so long I'm highly skeptical of anything that claims to help.... but Kratom definitely helps.	2018/11/11 at 12:25 am	#addiction #opioids #withdrawal

V cbc...	I just tried the Bali kratom I'm now in 60 mg of methadone and came down from 202mg I just started feeling uncomfortable skipped my take home dose just tried kratom hours ago and feel very Good	2018/11/11 at 1:39 pm	#opioids
Nate (3 comments)	I have been an addict for 15 years and for the past year been on Subutex. I quit subs cold turkey (not as in deli) and kratom has gave me my life back. Literally. Very tolerable withdrawal if any with kratom and I'm 7 days in. I work a very hard laborous job every day and haven't missed a beat. So say what you will. This stuff works	2018/11/16 at 8:33 pm	#addiction #opioids #withdrawal
	I am a retired methadone user. Honestly, kratom gave me a second chance on life without going to the clinic everyday. I know what withdrawal is like from methadone.... horrible experience!!! Kratom made it completely tolerable. I was also on Subutex and transitioned to kratom with almost zero withdrawal symptoms. I work a very laborous job and I didn't miss a beat. Even my co-workers noticed an improvement in my demeanor and mood. Kratom has been a godsend for me.	2018/12/04 at 3:01 am	#opioids #withdrawal
	I quit subs on Red Bentaungie kratom. It really works. Been sub free since November. Any red will help with any WD symptoms and pain. I am happy to say I am a daily kratom user and nothing else. Trust me I've done every pain med under the sun.	2019/04/04 at 7:05 pm	#pain #opioids #withdrawal
Mr Kratom	I have been using Kratom for over 6 months, Mostly red bali, I use it for anxiety and stress and to keep me off the booze and I will say it works, I have not been drinking. I do take a fairly high dose usually 5 teaspoons per dosage... If you have a drug or drinking problem Kratom will help but you still have to put some work in, it is not a cure all. Its like vaping so you do not crave smokes but the vaping only helps and I still have cravings for smokes ast times.	2018/11/17 at 3:20 pm	#addiction #alcoholism #anxiety
Shannon	I am also new to this after weaning myself off of a 32 mg a day Suboxone habit. It did help with pain and my addiction (to anything opioid/opiate) I was on it for two years this	2018/11/17 at 4:40 pm	#addiction #alcoholism #energy #opioids #pain

	time and did a pretty decent job of tapering. I have been completely off for about a month now. The problem is my energy and pain level which for me, go hand in hand. I ordered some Red Bali capsules, took eight and am feeling a difference already. It is subtle but noticeable. I truly hope this helps. As a 57 year old addict/alcoholic I know I have used up all of my nine lives.		
lenny warmington	I was on hydrocodone for seven years when the opiate scare started and my doctor cut me off so I tried kratom it is great for me there was no withdraw symptoms at all. works great for me I use two rounded teaspoons every five or six hours and I feel better than those opiate drugs they were handing me somebody needs to spread the word this stuff is great I worry about long term effects since there don't seem to be many studies of it. but so far it works for me and that's all that matters to me.	2018/11/27 at 11:23 am	#opioids #withdrawal
Tara Bell	Ive been on suboxone for 5 years. I was on methadone prior to and basically the methadone wd were so bad I thought I was being smart and by day 15 no methadone I couldnt take it and started the suboxone. I would crush up the pills and snort them so I abused them for 4 of the 5 years. Theres been a time ive done 3 of the 8mg pills lile that in a day. For me thats a lot im a small framed woman and very short. So life kept happening and i got very fed up of things controlling me and so so sick of living in fear of being sick. If youre truly ready to be off the subs you can do it. Today is my 31st day. Im so fucking proud of myself. Ive used kratom to help. Now i never said its easy. Ive had some roughhhh days but each night im sleeping more so im waking up better also each day that horrible feeling you wake up with is getting less and less. Im starting to get happy on my own and Im enjoining life more each day.	2018/11/30 at 2:36 am	#addiction #opioids #sleep
Amanda	I take powder with juice. It helps me with anxiety, pain, & other issues I have. It calms you but also gives you energy & uplifts mood.	2018/11/30 at 2:39 pm	#anxiety #energy #mood #pain
Wendy Warren	Well said for all of us in pain, or with depression, anxiety, fatigue from pain, and etc...I just started taking kratom and it is amazing!!! I couldn't believe the pain it took away I	2018/12/06 at 9:48 pm	#anxiety #depression #fatigue #pain

	have carpal tunnel, tendinitis, arthritis, and all I can say is wow it's literally saved my job!!! 😊		
Benny	i can actually Get out of Bed and Face the Day now! Where before on those damn life and soul sucking Subs i didnt want to do Anything At alll, Zero...	2018/12/07 at 1:19 am	#opioids
Casey	i was on subs as well and ended up getting kicked off, and i started using kratom to get off subs, and let me tell you it is what kept me going and helped immensely. i really didnt even feel sick	2018/12/07 at 11:54 am	#opioids
Tiffani Thomas	I was on 40mg of oxycodone a day and quit cold Turkey thanks to kratom but if you're on high doses of meds you need higher doses of kratom. I started with 1Tablespoon of green Bali because I didn't know what to take, and I read already in withdrawal. Within 15 min my withdrawals totally went away and I felt like I had just taken a pain pill. I experienced NO opiate withdrawals thanks to kratom. Now I take tsp a day to manage my pain. Kratom WILL stop all withdrawal symptoms	2018/12/08 at 10:26 am	#opioids #withdrawal
Rick	Kratom is a miracle plant and has enhanced my life tremendously. I no longer need anti-depressant's for anxiety issues. I am "freed" from the ball-and-chain of pharmaceutical drugs. Also my the evening glasses of wine are a thing of the past. Since I have found kratom it seems my immunity system has benefited as I don't get sick anymore (knock on wood). It also enhances my mental focus, which is critical at my job. I am exposed to multiple viruses working in a hospital and its amazing how if I do feely any cold or flu symptoms, they quickly go away so any potential germs cant get a hold on me...I don't have any negative side-effects from kratom at all, except constipation. Yes, I do admit I am addicted, but I am also "addicted" to insulin, blood-pressure, and cholesterol medication , so what's the big deal? if I have to use kratom the rest of my life to keep me staying healthy, off psych meds, booze and nicotine, in my opinion its worth being addicted to. If this stuff gets banned, I don't know what I will do but it will be a huge negative infringement on the quality of my life.	2018/12/13 at 11:03 am	#addiction #anxiety

Diane	Kratom saved my life. If you can call the pain I endured 24/7 a life at all, Kratom has given me a life.	2018/12/20 at 10:58 pm	#pain
Matthew	I don't really have an extensive story. It's was simply a matter of desperation. I magically tore my rotator cuff in my left shoulder while in the hospital with my wife shortly after my son was born. The pain was unbearable and excruciating, especially holding my son. I wasn't having this, and it was a pain that, at its worst, neither ibuprofen or acetaminophen would touch (or even a 15mg roxycodone, to my surprise). I had known about Kratom as my brother was an enthusiast, but never really found the allure myself. Finally, I broke down and grabbed some, and the difference was immediate. It's not by any means a cure all, At least not for inflammation in my experience, but I would advise this over many pain meds that will get you hooked.	2018/12/21 at 9:20 pm	#opioids #pain
Julie Medina	I was on methadone, and switched to suboxone for my opiate addiction. I know quite a few people who have been able to successfully stop using both of those substances by using kratom. I went on it to help with other health problems after I had already gone to rehab to get off the suboxone. I use it for my neuropathy pain, depression, anxiety, and migraines. This stuff has helped me get off many other medications that I needed to be on for all these other problems. It also helps with my energy and it also has helped me lose some weight too because it has a slight appetite supressing affect. Ive read into alot of the different affects that each strain has and I prefer the green vein over the others but everyone is different...I actually was having withdrawals from gabapentin, and didnt even realize that I could have withdrawals from that. But I got some kratom, and took about 4grams of it and within an hour felt 100% better! All my withdrawal symptoms were gone! This stuff really has helped me out alot and has saved me tons of money that I would of had to spend on all the meds I would of been taking to help with all the issues that just this one herbal supplement helps me with!! I just wish I had known about it years ago!	2019/03/13 at 6:38 pm	#anxiety #depression #opioids #pain #withdrawal
Ronald Bookland	I was on pain management for 7 years. The last Dr. I went to, Dr Kroll, Woodstock Ga. I was taking 90 mg ocyodone, 30 mg methadone. I never took any thing other than my prescribed med., 7 years. They piss test you before being seen. In April I went in	2019/03/14 at 10:15 am	#pain #opioids #withdrawals

	<p>for my appt. Tested, no problem. One week later I get a call, said I tested pos for meth, impossible, but that was it, dumped. One of my Drs before told me I couldn't just quit, at my age, 72 and health I would likely die from withdrawals. 3 days of withdrawals, one more day and I believe I would have died. A friend brought me Kratom, never heard of it, but it DID save my life. Two months later I get my Medicare report. In Feb and March I saw where Dr Kroll had raised the drug test from 148.00 to 700.00 . Medicare denied it. In April denied again, I got a call and dumped. They either just made up the story about testing pos or to cover their ass tainted my sample. They're not drs, they're drug dealers. A Dr wouldn't put anyone in a situation that could cause their pts death. They take an oath. I intend to sue for malpractice. I've been taking Kratom for almost a year now. No high, no addiction, no O.D. just helps the chronic pain.</p>		
Shelly Herron (2 comments)	<p>it's the best thing for us who suffer pain, depression, anxiety, PTSD, and many more I suffer all that plus being a diabetic for 34 years and counting I much prefer kratom to pills. Much better for the whole body mind and soul.</p>	2019/03/14 at 5:19 pm	#anxiety #depression #pain
	<p>I'm a diabetic of 34 years and counting. I live in chronic pain every day a lot of people like me do fibromyalgia neuropathy anxiety depression PTSD degenerative joint disease plus many other things that I have wrong with me kratom is the best thing that could come around I would rather have kratom to get out of pain rather than appealing my body just can't handle much more might kidneys can't take much more my liver won't filter much more pills the kratom is a lot easier on my body I hope you see one day that not all of us who's they were in chronic pain are dope addicts a lot of us are suffering in silence because it's an unseen disease just like being a diabetic you wouldn't know I was a diabetic unless I told you it's not like my disease is worn on the outside for all to see it's really not fair when people judge those who are truly and back chronic pain I was always scared to go to the doctors and say anything due to the fact that I didn't want them thinking of me as a dope addict I just want to be out of pain and many times I've ended up in the hospital in ICU because of the pain I get into you'll have me and I see you up to a week or two sometimes because my body's just crippling down and pain not fair for somebody to get in such pain I'm only 38 years old I have so much more living I want to do and kratom is the one thing that has helped me</p>	2019/03/14 at 5:24 pm	#anxiety #depression #pain

Kenny Jerome	I have a very high tolerance for narcotic pain medications. I suffer from severe chronic back pain. I used to take 4 x 30mg Oxycodone + 4 x 60mg Morphine + 4 x 2mg Xanax for many years. After using Kratom & testing most all of the strains for over 1 year, my personal favorite strain is Red Bali.	2019/03/19 at 9:10 pm	#opioids #pain
Paul	David, my personal experience with Kratom has been a positive one. I started about 6 months ago in effort to help me quit taking Vicodin (recreationally). I found that I didn't have nearly as intense cravings for Vicodin as I normally did when I ran out. Currently I take 12 to 13 grams a day. 6 or 6.5 In the morning and 6 or 6.5 in the afternoon (no less than 6 hours from previous dose). About 1 month ago, I thought I'd experiment with quitting cold turkey to see if I would experience any withdrawal symptoms and to my surprise, it felt pretty much the same as quitting coffee. I'm not sure if I'm an anomaly but that's my personal experience for what it's worth.	2019/03/20 at 4:07 pm	#opioids #withdrawal
Gregory Gallegos	Have been taking to help with pain as well as managing my bi po mood swings. Start my morning off with 3 grams, then have 2 grams through the day about every 3 to 4 hours. Another 3 grams after lunch, and 4 grams of a different strain for sleep. I've been doing this for about 2 months now and I am doing way better than I've been in a while.	2019/03/28 at 1:07 pm	#mood #sleep
Kristy	I've used Kratom to detox from opiates and it is safe to do them at the same time. I was told to start with small doses of Kratom while on the patches then increase the dose as you decrease the patches. I decreased by cutting pieces off and gradually cutting more until you are done. I mostly used the red strain because I didn't know the difference but the white and green are great as well. The green gives me the energy that a small dose of opiates do but the red is more like what opiates feel like with a large dose.	2019/04/03 at 10:24 am	#energy #opioids
Ashley	i HIGHLY recommend Gold Bali. It is by far my favorite. Its perfectly fine to take daytime or nighttime. But if you want an extra energy boost, i take mine with Yellow Vietnam (Which is also amazing!!) It offers energy, but not overwhelmingly, mood	2019/04/03 at 6:57 pm	#energy #mood #opioids #pain #sleep

	boost, pain relief, etc. So the combination of the 2 are absolutely perfect for all my ailments. I also have the Red Borneo. But that one seems to make me sleepy. I dont benefit a lot from it, but i do use it sometimes to make sure my body doesnt become immune to one of my more favorite strains. I was on pain pills for years, then suboxone for years. Now i FINALLY found a natural solution to my issues. Thank god for kratom!!!!!! 🍀😊		
Sara Trankler	I'm a nurse. Head on collision, fused vertebrae. I knew opiates weren't a long term answer but I also knew that the government would prevent pain relief through western medical care. And my insurance sent my records of medicine to two of my doctors. I take red bali and white maeng da kratom daily. Right now I'm taking a break for tolerance and I'm in pain and exhausted.	2019/04/08 at 10:32 am	#fatigue #opioids #pain
Elyse	I'm new to the kratom thing. But so far it has helped me alot with a he's n pain from work with taking other meds. N my head is very clear. Hardly any anixety at all.	2019/04/08 at 2:52 pm	#anxiety #pain
Michelle	When I first read an article about Kratom it was being used in medical facilities to help with withdrawal symptoms. I started using Kratom as a substitute for my pain meds because I did not want to be addicted but have to take meds due to bulging discs in my neck and as a result I have partial tears in both of my rotator cuffs. Doctors are being so hard pressed with the opioid issue so I am allowed 3 a day. I do however feel the effects of red vein Maeng da and gold Bali kratom. Only sometimes though. It is a sleepy feeling or a medicated feeling. Either way I love both of them because I am able to substitute and don't always have to take my pain meds everyday.	2019/04/10 at 6:58 pm	#fatigue #opioids #pain #withdrawal
Heather N	I have had 2 spinal fusions and have endometriosis. I have tried a few types of Kratom but for me personally the White Maeng Da works best so far.	2019/04/12 at 6:54 pm	#pain
Lesley Black	I got off of opiates three years ago after being prescribed them for most of my life (40 years). I got my first prescription for opiates (demerol) when I was twelve. I am now 52	2019/04/13 at 1:07 pm	#opioids #pain

	and I eat marijuana edibles, smoke sometimes, use CBD oil and Kratom. I haven't had an opiate in almost three years. The red vein Bali has been the most effective at treating my pain and the CBD/THC is great for relaxing my muscles. I was first prescribed opiates for severe migraine headaches (I now treat them with psilocybin). I have severe pain in my neck and back from other causes which I was in pain management for almost 20 years. I almost died from an accidental overdose of oxycodone four years ago (my heart stopped five times on the way to the hospital). That's when I decided I had to find an alternative way to treat my pain. I also have MS and the CBD oil greatly helps with tremors. Marijuana and Kratom, in my opinion, have literally saved my life. I am in less pain now than I ever was on oxycodone, morphine, fentanyl, methadone, opana and Valium. God makes better pain relievers than big pharma.		
Murf	I have PTSD, horrible anxiety , severe depression. I was in a severe explosion, the doctors gave me 0% chance to live. I spent next 3 months in a trauma center on high doses of morphine. Everybody close around me has died a tragic death, including my wife, which yesterday marked 3 years from which opiates (heroin laced with fentanyl) took her life when she died in my arms.. Opiates completely ruined my life, its only because of kratom that my life has meaning again. I take a spoonful of kratom in the morning, then another around lunchtime. Only addictiveness about kratom is just wanting to feel the positive energy that it gives me.. I could be having the wrst day and after dosing can be the great person I once was before going thru what I have.. I also messed my back up bad at work so I'm on lots of pain all day. Kratom really helps. I like maeng da green vein. I'm free from pain, helps with my depression, ptsd and anxiety. I order right from Indonesia. I want to try the yellow maeng da next.. Ignore the hay sayers.. Just like mj, kratom is a wonder plant and should never be referred to as a drug.	2019/04/18 at 6:17 am	#anxiety #depression #mood #opioids
Kathy I	I was addicted to lortabs and someone told me about Kratom, and thats to this wonderful plant I am completely off lortabs , I take Kratom everyday.	2019/04/18 at 11:14 am	#addiction
Mark	I work a super physical job that causes mass amounts of pain. I take 20 grams of various strains every day divided into two doses. 4gs is where I initially began feeling	2019/04/18 at 11:46 pm	#pain

	the benefits. So I'd recommend starting at 4grams and not taking it more than 4 successive days so that you will never need 20 grams a day like me.		
Dianne	Vernon, I am in the same situation as you with decrease in pain med. Have been using Kratom between dosage, seems to help, certainly has helped with withdrawals.	2019/04/19 at 2:55 pm	#opioids #withdrawals
Alan	I've been doing this for about 2yrs to get off meds and for a bulged disc. It has worked very well and will save you tons of money!!!	2019/04/22 at 4:09 pm	#pain
Dawn	I've been taking kratom almost 2 years now, as it's a huge part in my recovery as well, and I've been taking lexapro, which is also an SSRI just like celexa and it doesn't have a negative effect on me	2019/04/23 at 10:01 am	
Suzanne Watson	Kratom is solely assisting in my opioid dependence recovery! It's of course not the same rush/high BUT Kratom serves multiple other effective solutions! My chronic pain needs are absolutely being fulfilled and better managed due to many positive outcomes of taking Kratom! Please keep Kratom legal! I know (without any doubts at all) that it's a step closer to resolving the opioid overdose epidemic! #keepkratomlegal	2019/04/23 at 3:52 pm	#opioids #pain
Swim	. I was also on heroin among other things for a few years, currently clean but I found that capsules never really helped with my withdrawals, especially the more severe beginning days. I found the tea to be a lot more helpful, since you said you take about 70mg a day that's about where I was before stopping and I used about 5-7 grams of red Bali, red Malay.	2019/04/28 at 12:38 am	#opioids #withdrawal
Keith Stutler	I have been prescribed opiates for almost 20 years for an inoperable neck injury. I was given no hope for any additional relief. I am seen monthly by a medical doctor who specializes in pain management.	2019/04/30 at 10:55 am	#anxiety #opioids #pain

	<p>I began taking kratom almost three months ago. In that period of time I have cut my dose of opiates in half. I have dropped my anti-anxiety medicine and can foresee a day when I can say I am opioid -free.</p> <p>I have no desire or physical need to take kratom except for its analgesic properties unlike oxycodone which lets my body know when I have missed a dose with terrible symptoms of withdrawal.</p>		
ANTHONY TERHAAR	<p>Kratom and alcohol are on two different planets. Kratom will help with the withdrawal symptoms. I use kratom for I am a fifty five year old laborer; Kratom stops me from hearing my bodys moans of pain and anger of still having to pay for a bed to sleep so I can get up and go back to work and earn enuff for a bed to sleep in. My prayers are with u my father was literally born with a beer bottle in his mouth.</p> <p>The alcoholism (so called disease) did not hurt him as much as his people, like me hurt him, for having what he called a crutch or a vice.</p> <p>The Truth is God created u and the universe and you are completevwith water pure water is best with someone to love.</p>	2019/05/02 at 12:20 pm	#alcoholism #pain
Jennifer	<p>Kratom has helped me overcome a heroine addiction and is a great stimulant for those who are introverted. Yes, Kratom you can withdraw from but it's extremely bearable, and manageable compared to opiate withdrawal.</p>	2019/05/02 at 7:01 pm	#opioids #withdrawal
JPLF	<p>White V works good for me. I have PTSD and burn scars and nerve damage on 39% of my body. Works almost as good as Hydrocodone, which I have fully replaced with kratom.</p>	2019/05/03 at 3:33 am	#opioids #pain
SC	<p>Here's the best I got, If you've been to A.A. or N.A. they will sometimes say things like, "Once an addict, always an addict." Which on the surface sounds cold but has some truth to it as a scientific fact. Once your brain knows what an intense high is like, it is unlikely to forget, so like a cancer the desire for that state can re-emerge at any time. It</p>	2019/05/05 at 2:23 pm	#addiction #alcoholism

	<p>is truly life-long struggle, Kratom for me quiets that devil on my shoulder prodding me to do the easy thing and just take the hit of dopamine straight rather than as a reward for positive action by the body and mind. NA didn't work for me for various reasons (Atheist, no peers in my area, bad impression from their lack of results and seemingly religious bias) but they are right about the fact that desire to solve stressors by going into that state can still be as powerful 10 years after you stop using if the alternative life without is more painful. I'm 35 and have been on and off everything for the better part of 20 years, at some of the worst points I tracked my dosage in micro-grams (if you catch what i'm saying) now I am at least holding a job and not actively betraying the people I care about for a means to get high to forget about how much I'm betraying them. It's easy to fall into that cycle an be discouraged, but the test of character is not how many times you are knocked down, but how many you stand back up and continue the fight....</p>		
Jebus	<p>get some red bali or red Borneo, it worked better for my wd's. However, dont expect to get high like an opioid or opiate, but you should feel like you get warmer cause I was always cold in wd and that stood out the most. Also my stomach settled more and the runs subsided in my case. If you Take too much at a time, you can end up puking so take it slow.</p>	2019/05/05 at 6:23 pm	#opioids #withdrawal
Rebecca Turner	<p>Hi, I started using Kratom to get off methadone last summer and it worked great. I use it now for pain and so I can sleep because I have restless leg syndrome possible form being on methadone for 18 years. It's getting a bit better though. Dont know what I would have done without Kratom it's saved my life.</p>	2019/05/07 at 12:29 pm	#opioids #pain #sleep
Christopher Sehon	<p>I am a disabled veteran who uses Kratom daily !! I tell you it has literally saved my life. I encourage all In the Kratom community to do whatever you can to help continue to allow us access to this wonderful plant!! Whether it be donating or calling your local reps lets make this happen. We should all be able to look forward to a long happy healthy life !</p>	2019/05/09 at 12:46 am	

Des	I feel your pain and nothing is worse than being looked at as if you're an opiate addict when all you're trying to do is LIVE. I have constant wide spread nerve pain that has been prevalent for 20+ years. Kratom has been a life changing factor for me and it's legal!...Red maeng da kratom is so far the closest that I've found to the relief that an opiate gives me...When I found mine, rays of light shot from the sky and I was LIVING finally, without opiates and the side effects.	2019/05/10 at 1:12 am	#addiction #opioids
Bobby	Hey I've been on 90m of oxy a day for 4 years and find 5m of Kratom helps for 6 hours at a time for me.	2019/05/10 at 2:38 pm	#opioids
Michael Shayne Bailey	Let me start by saying methadone will kill you... I was a deputy sheriff and was struck by a car and 33 surgeries later and on over 100 mg of methadone a day and almost dead twice because of it three different pain clinics I was almost bed ridden for 13 years but thanks to a wonderful wife and a heck of support system involving my sons I was able to get off methadone but that left me in constant pain and in bed all the time. Then one glorious day my son introduced me to kratom it has been a God send. Since I've been on kratom (for about three years now) I've been able to get up start lifting weights and hiking even went elk hunting last year. Kratom has given me a life that I otherwise wouldn't of had. Thank God for kratom... and before all this happened I served in the airforce as a PJ special operations just to give you an idea of the type of person I am and wouldn't make this up..	2019/05/11 at 4:01 pm	#opioids #pain
Marlena	I'm a chronic pain patient and kratom is much better at treating my symptoms than any narcotics I've ever taken (I've taken most)... It's better because there are no side effects..	2019/05/15 at 9:45 pm	#opioids #pain
Bob	I use Loperamide and Kratom for opiate wd. Works like a dream.	2019/05/16 at 12:17 am	#opioids #withdrawal

AmyF	<p>I also believe Kratom has saved my life. Oxy took years from my life and I'm fortunate it didn't do worse. I also have never felt better or more pain control than I do currently taking Kratom instead of Oxy. I was blessed with an amazing pain Dr., after his patience, getting over my stubbornness, and finally making the change from Oxy to Kratom this is a phrase from him I like to live by and pass on....."How does it feel to "feel"?" 🙌🙌</p> <p>Damn good, that's how it "feels" 😊</p>	2019/05/18 at 1:21 am	#opioids #pain
Karen	I was there a few months ago. Couldn't see a way to live instead of just existing because of dealing with pain. Kratom changed my life because I can now get it under control.	2019/05/18 at 11:54 am	#pain
Elizabeth D	I've been taking Kratom since July 2018 after 20+ years on opioids of all kinds for chronic pain and nerve damage arthritis etc...	2019/05/19 at 4:03 pm	#opioids #pain
Kratom	I have been taking kratom for over 15 years. The side effects on taking it long term will be a healthier lifestyle along with fewer bouts of pain and flair ups. It is certainly better for you than the prescriptions . Although I am not a doctor, I am an experienter of long term kratom use. It's my belief that I would be dead if I stayed on what the doctors had me on.	2019/05/20 at 8:52 pm	#pain
Amanda	I use one tablespoon of kratom powder per 28oz of juice..preferably mango to divert taste and boost receptors..i was taking 120 Percocet and 60 morphine a month. I drink a third off the bottle power dose and it usually lasts 4-6 hours for me.	2019/05/22 at 2:52 pm	#opioids
lynb	Just discovered Kratom . And boy am I a happy camper. Pain level at least 90% down. Can live with that. I was told to take the powder mixed with grapefruit juice and I cannot consume grapefruit because it does not work well with other heart meds I have	2019/05/23 at 1:01 pm	#pain

	to take. But I bought some capsules and one to 2 of those with some orange juice is like a miracle. Am experimenting with sizes of caps and how many work the best but I feel like I have been liberated.		
Jason	Same here but i was taking 240 mg of morphine sulfate a day and was an alcoholic who couldnt hold down a job. I was in like day 2 of my withdrawals and seen kratom in a smoke shop. The clerk told me it would help. So i started with the toss and wash method. It helped but wasnt to impressed at first. However it did keep me clean. About a month after using kratom i felt clear headed and great for the first time. Then after trial and error i found out that switching streins everyweek between bali and maegna in green tea or hot water was a game changer.	2019/05/23 at 11:38 pm	#alcoholism #opioids #withdrawal
Trac	I was in a horrific Car wreck lost my leg and had 30 surgeries. I Just want ppl to know Kratom does Work. Ive been on Pain Meds Percocet 15 or 10s they are getting REALLY STRICKED for 20 yrs ive been on stupid Pain pills, Ive never been on Herion but im not perfect by far ive done my share of Other Drugs in my Life. I was 29yrs old when a young man hit me head on im 49 yrs old now and IM TIRED OF BEING TIRED CHASING MEDS. IT GETS REALLY OLD. Kratom is something that can help us All if WE want HELP.	2019/05/25 at 2:14 pm	#opioids #pain
D	Yes. It is possible to become addicted to kratom. This is speaking from experience. Kratom is definitely habit forming at the least. Quitting cold-turkey after daily use can cause you to experience withdrawal symptoms such as cold sweats, chills, runny nose, anxiety, depression etc. Try quitting when life throws you a wicked curve ball and it could induce full-on panic attacks. Been there. I've taken kratom on-off for about 2 years. Mostly to relax, take the edge off life. I've never been addicted to opiates or abused them. I think kratom should be legal and available to all, however it carries with it risks and awards for those who use it and one must understand the potential risks and exercise good judgement while using it.	2019/05/28 at 3:08 pm	#addiction #anxiety #depression #opioids #withdrawal
Suzanne Stover	I began using kratom in Dec. 2018 thanks to my granddaughter. I was using a cane and walker to get around at the time, and if I left the house, my husband wheeled me	2019/05/29 at 1:23 pm	#pain

	<p>around in a wheelchair. The second day of taking kratom, I walked to my car on my own and was able to drive. I hear negative comments every doctor visit, but I will continue taking my 6 capsules daily because I know it works. And with a lot fewer side effects than the drugs my doctor prescribed. I am 71 years old, have osteoarthritis, osteoporosis (degenerative joint disease), and IBS complicated by lymphocytic colitis. It is not addictive. I have missed days that I was ordered not to take it by my doctor because of other medical testing, and I was fine, except for the horrible pain returning, and my hips and back hurting so bad, I could hardly walk again.</p>		
Alicia	<p>I'm a severe addict and alcoholic I have had a lot of treatment and tried so many things so that I can just have a normal productive life without depending on substances. Due to harm reduction I ended up taking suboxone to cut cravings,pain,restless legs ect. I am now a slave to this medication and without it I'm in complete wd and I'm just tired of it. I recently stopped my suboxone cold turkey and have been using kratom along and marijuana to get through the withdrawals.. I just got an alicia blend ,red bali, and some green batac. They sent me a sample of some resin and I was wondering if anyone has used it for withdrawal from opioids and how it worked. I started with caps but was still really sick so am now doing the toss n wash with caps in between and it is literally a god send!!!! Suboxone free 6 days today but still struggling bad.</p>	2019/05/30 at 4:57 pm	#addiction #alcoholism #opioids #withdrawal
Luc	<p>I have used powdered Green Maeng Da and CBD Oil when I have had to wait on oxycodone refills. The kratom works pretty well on its own, especially for pain, but the addition of a couple droppers of CBD Oil a few times a day is a huge help in managing the heavier withdrawal symptoms.</p>	2019/05/30 at 7:23 pm	#opioids #withdrawal
WhatTheCraik	<p>I measure out about 7grams and dump it into a small glass of orange juice. The acid helps the alkaloids work more efficiently (grapefruit is best, but I can't stand it). CBD oil has also been added to my daily routine. The combination of the two have easily cut my pain levels in half, if not more on some days. I go with a mix of green MD or green Malay and white thai and about 50mg of CBD oil when I wake up. By the time I'm done showering and getting ready for work, my pain level drops off and I'm more alert and don't have any morning haze/fog. On high pain days, I swap to red thai or red bali. I'm starting to experiment with golds/yellows as they are supposed to have a really good</p>	2019/05/30 at 11:22 pm	#pain

	balance. But mixing it with OJ and chugging it has worked very well for me. I also do my own capsules, but as mentioned, it takes 10 – 12 caps (00 size).		
kala dedman	I was a alcoholic 15 yrs sober 5 yrs now and use Kratom to help with 17 yr opiate addiction.	2019/05/31 at 6:33 am	#alcoholism #addiction
Brandon Broggs	I've found that taking more than 8 or 9 grams of powder Kratom leaf I start feeling sick to my stomach and I do take the capsules and they DO work. I was a Heroin addict and pill addict I used to get a ton of Roxy 30s and then Oxy 40s and then Opana and then Heroin and then Fentanyl. I started going to the doctor to get Subutex and got up to 20mg+ of Subutex a day (high dosage) and then something very VERY terrible happened at home and so I cold Turkey dropped Subutex after 2 years and took Naltrexone (vivatrol) at increased dosage a day until after 8 days I could get the shot and I NEVER have been so sick in my life. It wasn't the sickness that bothered it felt like I was losing my mind. Before I was able to get into the doctor to start my Naltrexone I ordered Meng Da Kratom and it REALLY made things tolerable until I was ready to get the Vivatrol shot and I didn't get sick from the Kratom so...It wasn't extending anything. (about a week).	2019/05/31 at 2:55 pm	#addiction #opioids
Joe	<p>I take Kratom everyday and if anything I am more alert, sharp and focused. I take white and/or green maeng da and it helps with my fairly intense lower back pain and assists me staying focused and upbeat at work which is done all day in front of a computer and on the phone...</p> <p>I have been taking Kratom for about three years now. Same dose as always 2 or 3 grams at breakfast another 2 or 3 after lunch and feel great all day. Usually take a break on the weekends. ZERO PROBLEMS!</p>	2019/05/31 at 3:11 pm	#pain
Mark	I had a 12 year IV heroin addiction. And you are lucky if you suffer no withdrawals from kratom. Ive been off the hard stuff and on kratom for 3 years and i most definitely get significant withdrawal symptoms from kratom and feel the need to take it for mental	2019/06/01 at 12:37 pm	#addiction #opioids #withdrawal

	discomfort at well. So yes, people do get addicted to kratom. Granted, its not to the degree of a dope habit but it is real. Everybody is different...		
RS	I was on methadone for 12 years or more for pain management along with triggerpoint injections. That was all that helped me with living in constant pain. Still have the same pain even worse as I stopped 3- 5 years AGO cold turkey , but not recommendation unless you have a Great Wife or support God Almighty. Never the less have had several Heart Attacks, By-Pass Surgery, PArtial Lung Removal, 9 Stents, 4 Rotator cuff Surgeries and I am wipped. ALso I have Multiple Disk issues Siatic nereve issues. Also Bone Spurs C5-C7. I have to take Kratom just to move forward as I am full time care taker of my Beloved Wife. I am 61 she is 73 and we are wore out. I Will continue to take Kratom to get some relief. I wish I could go back to 50-70 MGm of methadone a day which I never missed a day of work for my back, Shoulders or Siatica issues. I was offered more meds during my total Rotator Cuff Repair as it was tore off the bone in 2011. I worked for another 4 months like that. No one ever ask why does anyone take meds and get dependent or addicted.	2019/06/01 at 9:21 pm	#addiction #opioids #pain
Gregory R Cavalier	I am 57 y/o male with multiple inflammatory joint disorders. Arthritis in every major joint, inflammation from diabetes, degenerative joint disorder, bulging and herniated disc in multiple areas of my spine. I have been using kratom 3 months and I can honestly state that it works quite well for me... I have tried 5 different strains and they did what they say they do...energy boost, sense of well being, anti-anxiety, stress, major pain in all areas of pain. My mood has been excellent and the pain relief and sense of well being are wonderful!	2019/06/05 at 1:14 pm	#anxiety #energy #mood #pain
Pavel	I was recently binge drinking for 5 years heavily. Everyday every minute every second. I went through the shakes depression nausea irritability shakiness. I even got pancreatitis. It was so difficult to quit and it still is. Alcohol is worse than heroin you can actually die from the withdrawal. I'm not a doctor but 2mg of Klonopin 600mg of gabapentin changed my life forever and some weed here and there. Also kratom has helped me out so much I don't crave alcohol feel energized and happy.	2019/06/06 at 5:46 pm	#alcoholism #depression #withdrawal

Rhett	<p>I used to smoke heroin daily and actually used Kratom to avoid withdrawals altogether. I didn't have one withdrawal symptom when using Kratom to help with that. I would recommend a red vein because red veins seem to mimic opiates more than green or white veins. I would take one teaspoon 3 times a day. A dose in the morning, a dose around 1 or 2 pm, and a dose before bed. To prepare my Kratom drink i use a coffee filter to strain out all the ground material leaving you with just the tea. I also find that mixing it with ginger tea or using ginger syrup pretty much masks the horrible taste. Another option would be to put your Kratom powder into capsules, which is what I do, so I don't have to taste it. I would recommend either red Bali, red Borneo, or red Sumatra. I would try Borneo first, IMO it's the best for opiate like effects that also reduce your withdrawals tremendously. I switched between red Bali and Borneo at random because I just had both around...I weigh my teaspoons and usually get between 2.5-3 grams.</p>	2019/06/13 at 12:08 am	#opioids #withdrawal
Earlybirdspecia Liff (3 comments)	<p>I was close to suicide when my child was born... severe post partum and anxiety. They gave me percs for the after pain (which I really didn't need because I had no pain from it and huge hemmroids) but I'm a recovering addicted started in 2015...But the percs started up an awful addiction and in September of last year. I just had it so my husband checked me into griffin mental hospital state hospital because we didn't have insurance at the time. Well it was great for rest til they put me on some stupid sh*t like Wellbutrin and Gabapentin. The anti depressant gave me seizures and a weird feeling all the time. And the anxiety medicine made me sleepy. I have a baby for god sakes and don't need to be sleeping all time. So when they released me I threw it away and started kratom my first batch ever was green Bali very great mood lifter. Than I changed stores and found the variety. Now my favorite thing to do is have a bottle of water mix it with a five hour energy put in white Maeng da with Malay or green Maeng da and a kratom extract pill. My life is so much better now even when my stomach can't tolerate it and I have to empty myself out or take a week break. It's so worth I love it and I'll fight to keep it legal</p>	2019/06/13 at 2:51 am	#addiction #anxiety #opioids #mood
	<p>I'm using Kratom for daily fatigue pain anxiety and depression. I like to mix it up get different kinds of strains each time. I usually do white and green together. I also have my red boreno when I run out for emergencies.</p>	2019/01/14 at 1:07 am	#anxiety #depression #fatigue #pain

	I used subs for awhile and had to get off them 8mg 3 a week...ok so when I got off them I used Kratom and I'm telling you it's better	2019/01/14 at 1:19 am	#opioids
ccmillz	I've only been taking Kratom for about 6 weeks now for chronic pain and anxiety as a result of a malpractice surgery that was followed with 10 more surgeries to attempt to repair the damage. I have nerve pain and it's very hard for me to manage it. I moved to a state that has even more strict rules about opioids so Kratom is basically my last ditch to function like a normal person...my first time and each time I take a dose after a few days not, it has no effect on me whatsoever. But then I try again the next day, same dose and it works great. I am hoping they don't ban this because the past 6 weeks have been amazing...	2019/06/14 at 9:36 pm	#anxiety #opioids #pain
Kelly Wells	I just started using the green Kratom about 5 days ago to help with Subutex withdrawals. I started with five grams, but after about an hour had to take five more. I now take 10 grams per day, once a day. It has truly helped with my withdrawals and I feel great.	2019/06/16 at 9:02 am	#opioids #withdrawal
SandyC	Basically ive been using kratom for abt 2 mos now. I have chronic recurring epstein barr virus n many orthopedic issues. Im off pain meds n feel great as long as i take kratom. I needed something for energy n got the white thai which has worked wonders. I also started thw red bali for pain which again gives me the energy i need but not so much for pain relief. I just ordered green maeng da hoping that will work. I think my problem is that im taking enough. I only take once a day but only take a teaspoon. The enrgy is there but again not so much for pain issues.	2019/06/16 at 10:54 am	#energy #pain
Brooke (2 comments)	Kratom Powder completely saved my life; I have been diagnosed and treated with prescriptions for rheumatoid arthritis; I'm 34 years old; married to a veteran and have two children; my doctor(s) has me on 6mg of Xanax; I'm 125 lbs, 60 mg of Percocet and 60 milligrams of adderall, so it had my nerves my pain and energy levels controlled but it was destroying my life, memory, and body to no end. I have an uncle who is a body builder 70 years old tell me about red vein Bali kratom; he no longer was	2019/06/17 at 3:10 am	#energy #fatigue #opioids #pain

	<p>in pain after a critical accident that crushed his whole body and came off Percocet cold turkey with it; I came off all 3 medications with it about 4 months ago and guess what my levels have evened out; my blood pressure is normal again; I'm not so tired I feel like I'm going to fall asleep just talking to you. My activity level has increased and I'm up with my husband and children everyday. Also, my husband is an 82nd airborne vet (504 strike hold) he is 43 and rapidly deteriorating due to a spinal condition from jumping out of airplanes; 4 total tours and his body is beaten down just as badly as mine; he started to take the Kratom as well. He came off pain medicines that were enough to kill a whale. My mother overdosed and died on heroin back in February of this year I only wish I knew about this plant based powder back then, maybe her urges would have been gone. I have no desire to take any medication of course with RAD you have to take certain medications to sustain life but my mental and psychical condition have leveled off and it all shows in my blood work; do I still have flares when under stress yes but now I'm more aware of my body than ever. I've been a firm believer in natural remedies my entire life; so if it's a choice between taking 1 gram of Kratom and cutting 3 prescriptions out I chose that because you get tired of missing things. I was diagnosed 3 years ago and I truthfully can hardly remember the last three years of my life or my husband's life or my children's. I didn't try the Kratom with high hopes but I prayed it would work and I did my research and drug and chemical reactions before ever purchasing. Between my husband and myself we have helped over 20 friends in the last 4 months get off drugs but also help them with chronic pain bc their doctors decided one day just to take them off without any weening. So it's not just for addicts it's for those who don't want to take pills to function and want to live a fulfilling life without memory lapses bc if the doctor prescribed it, it must work. Once again I use Kratom for Rheumatoid arthritis disease that has already affected my heart lungs kidneys and brain; I'm clear headed and energetic; do I still wake up stiff and locked yes, I keep a 1/4 tsp and my childproof bottle of Kratom powder on my nightstand so I can get it before my husband and children are up and they don't have to look at "mommy laying on the couch immobilized." 7 heroin related deaths happen in the town I live in each week; that doesn't count the ODs that survive.</p>		
	<p>I have been on Wellbutrin for 12 years at 150mg. I came off of Percocet, adderall and Xanax with kratom due to RA I had been prescribed these medications, had to keep my stress low, have chronic fatigue syndrome and was in the type of pain a person wants to die from; anything would have been better than where I was at. Thankfully my old doctor who is very old school and believes in holistic medicine was willing to answer my questions about antidepressants and Kratom; "once you are on a</p>	2019/06/17 at 3:45 am	<p>#fatigue #opioids</p>

	antidepressant you are on them for life; it's designed to help straighten out your brain chemistry." I couldn't take celexa; I take my Wellbutrin at night as I take my Kratom during the day; never do I take them together.		
elle	i was on heroin, oxy, fent & methadone and got off methadone with kratom. yes it was god sent but now i am withdrawing from that (slow taper). i thought the things i read about WD was lies, they aren't. just don't take every day (couple times a week to avoid the opiate wd of it). it's nowhere near as bad as methadone where u physically can't function for months but i promise u 8 months in, i wake up in same wd feelings as i did with dope.	2019/06/17 at 5:45 pm	#opioids #withdrawal
ili	I have been on roxycodone for years and then on suboxone which I think it far worse then opiates. Kratom has been amazing!!!...I take 8-10 capsules at a time three times a day. The capsules are 500mg each. I found the powder was so gross could not stomach it.	2019/06/19 at 2:41 pm	#opioids
ira dole	It took me about 7 or 8 attempts before I made it stick, got me off fentanyl/suboxone! I was in withdrawal still while using the kratom for 6 weeks but it was probably only about 40% of what it would have been without it! Absolute miracle! Not only that, I have serious chronic pain and it might be even better at killing pain than the dope was!	2019/06/19 at 5:57 pm	#opioids #pain
Megan	Kratom was a life saver for me and enabled me to come off percocets, adderall, etc. I still take Kratom but not nearly as much as I did when going through WDs.	2019/06/20 at 7:46 pm	#opioids #withdrawal
Laura Skoldager	I have FAS that caused severe nerve damage, can't work and my husbands employer doesn't offer health insurance, yet makes too much to qualify for Medicaid. I can't find a doctor (my neurologist retired) that will see me to give me my correct meds (none were narcotics) or my cortisone injections. Kratom helps on those bad days that I can't even get out of bed, helps my anxiety because I can't be the mother to my teenager	2019/06/22 at 12:46 pm	#anxiety #pain

	that I feel I should be... I don't get high on this whatsoever, but it can help ease my pain and anxiety.		
TJ	I am a recovering addict from high doses of pills every day for 8 years to shooting heroin for another 10 years. Kratom does work and its definitely a better life I'm living, it truly is a bit of a miracle in my life. It does create withdrawal symptoms if used everyday, however the withdrawal is like not having coffee and being slightly hungover. It is easily dealt with. I'm not robbing anyone or stealing or pawning everything I own to get kratom, so to me it's a beautiful thing. Different strains do slightly different things, for me green malay has been my favorite.	2019/06/23 at 5:19 pm	#addiction #opioids #withdrawal
David	I was taking 140mg of methadone for 4 yrs. I used a blend of red green and white and it actually took care of almost all of my W/D symptoms and allowed me to finally sleep. Before kratom I was taking dangerous levels of different sleep meds. With kratom I can now sleep.	2019/06/24 at 1:45 pm	#opioids #sleep #withdrawal
Anon	Kratom really well help you stay clean and alive if you put in effort. Kratom saved my life from prescription pills and alcohol, I probably would have died without it.	2019/06/25 at 5:58 am	#alcoholism #opioids
Leanne	<p>I was going to a pain management dr. for the last 4 years. Like many people who use Opioids regularly, I developed a tolerance. I started taking my script more often than what it's prescribed for, and every month..like clockwork..I would go through withdrawal until my script was refilled. My sister suggested I try Kratom. I tried a few different strains, not only didn't it make my horrible side effects go away, I will not ever take another hydro again.</p> <p>I was on Hydrex 10's.</p> <p>My kratom of choice is: The white MD</p> <p>I also found a similar relief with the Bali</p>	2019/06/26 at 6:02 pm	#energy #opioids #pain #withdrawal

	<p>I was skeptical and no one wants to waste money trying something out.</p> <p>How would I describe kratom? It feels like what my hydros did. It gives you a euphoric opiate feeling, relieves pain, and even better. .I actually have energy and I'm social again.</p>		
Jeffrey Kowal	All's I know is a teaspoon in the morning and a teaspoon after supper keeps me from having to use addictive pain killers	2019/06/27 at 11:14 am	#addiction #opioids
Kala Dedman	i studied kratom 3 months up and down i take 4 grams twice a day but i use it aswell for pain to get off a 15 yes opiate addiction and helps other cravings i have had to stimulants	2019/06/28 at 1:32 pm	#addiction #opioids #pain
Lou Emory	My family consists of myself and my wife and son. We are all chronic pain sufferers. We have used kratom for over a year. We have been able to get off of both morphine and oxycodone we have been using for as much as twelve years. Please don't outlaw the best thing we have found to get off these drugs!	2019/06/28 at 4:42 pm	#opioids #pain
Red	I used red Maeng Da for alcohol cravings, and had absolutely none. It wasn't anything huge, like a drug. Maybe slightly relaxing, but not like drug-like in any way to me. Still don't have cravings though, and fell asleep more naturally. kratom can be addictive too, and there is a rebound, I would take 4 to 6 grams of high quality, then see if you need it again.	2019/06/28 at 11:53 pm	#addiction #alcoholism #sleep
Bryant	I started at 8mg a day, then tapered down over about a year to where one 8mg strip lasts a month...yes one strip a month. It takes an exacto knife to cut the doses lol. In any case even at that low dose I still had bad withdraw without it. I recently jumped to Kratom, 3 grams several times daily for first week, then down to 2 grams twice a day. Sometimes a third dose if I'm feeling crappy. My advice to you is that less is more, kratom has a bell curve response meaning too high of a dose and the effects are	2019/06/29 at 1:47 pm	#opioids #withdrawal

	canceled and you just barf and have a headache. The switch to kratom was painless, slept fine the first night. My low sub dose was definitely an advantage.		
StacyG	I've been using kratom for a year. Before I was a heavy opiate user, and methamphetamine user. I've been sober from both for just over a year thanks to kratom. I've worked the steps. I've been to the meetings. While in rehab my mother died from an opioid overdose. She was 55. See addiction runs in my family. I will praise kratom, because without it I'd be dead or on my way. I now, am back to my profession as a machinist. Making good money. It takes balls to pick yourself up and suffer through those withdrawals. But we can do this. Just have faith in yourself. I used red bali, and other red strains. I started with green Maeng. But my pain still didnt subside. But reds have hit the spot.	2019/06/30 at 1:04 pm	#addiction #opioids #pain #withdrawal
Cybele Moon	I have recently found Kratom and use it for pain relief. I am sad that it may become illegal.	2019/06/30 at 7:19 pm	#pain
Lynne	I take it once in a while for the same reasons. Chronic pain from years of physical job, age 57. Depression...	2019/07/01 at 2:15 pm	#depression #pain
MG	Kratom helped me get completely away from the more destructive habit, but it isn't exactly easy to pull the plug on this at some point either.	2019/07/01 at 2:57 pm	#addiction
Robbyrob	When I was coming off of heroin I used red vein bali... I found it was the most opiate like and it played a big part in relieving the sickness...	2019/07/01 at 7:41 pm	#opioids
TragerMan	For sub withdrawals I used Red Borneo (great for joint pain and restless legs) as well as yellow Borneo for energy, a little pain relief and nice euphoric vipe. Maybe even throw in a tspn of white Borneo in the morning to help get up and motivated.	2019/07/02 at 2:24 am	#opioids #pain

Blake	Kratom is incredible for opioid withdrawals. I kicked a 10 year opioid dependency in a single day by taking kratom.	2019/07/03 at 12:20 pm	#addiction #opioids #withdrawal
Carol	I take two caps for full blown anxiety attacks – works like a charm.	2019/07/04 at 4:40 pm	#anxiety
Ed	I have a similar story to yours and luckily found kratom. It has kept me opiate free for a couple of years now...kratom has been a literal lifesaver for me.	2019/07/05 at 9:14 am	#opioids
Nicole	The past 5+ years I was on 6 different prescription medications for severe back pain, including hydrocodone 10/325 4x/day. Last year my doctor closed his office and I was not able to get into another one who would keep my prescriptions the same... Needless to say, I found Kratom and I haven't had to take anything else! Not even Tylenol or Advil! It has been a definite blessing!!!!	2019/07/05 at 1:39 pm	#opioids #pain
Johnny	I went from taking 15 to 20 roxy's a day. Some from the dr. Then the rest off the street. Nevermind the TIME, EFFORT, THE MONEY, OR HOW ABOUT THE LIES, STORIES, THEFT, DEBT i put myself in. I wind up losing my wife and children. I have 2 beautiful girls at home i lost to pills. Then i was turned on to HEROIN and needless to say my life got worse. Im living in my mother's house i have my own apartment and i eat all my food thru a microwave. My life SUCKS GUYS AND GIRLS 2 months ago my buddy bought me a bag of kratom. Can i say its been 8 weeks DRUG FREE EVERYONE !! i want my family back and kratom is going to help me achieve that goal.	2019/07/06 at 11:29 pm	#addiction #opioids
Brian	Two years 40 a day. Previously 2-3 30's a day. I quit. Went through three days of misery, small piece of suboxin on day 3, one big spoonful of Maeng, leg cramp pills. (4), day four better, day 5-6-7 roller coaster of betterness! Three weeks later Im motivated as f... working 12 hour days. Over it, so	2019/07/07 at 4:56 am	#addiction #opioids

	<p>happy!!! Life is so awesome without that bull.... you can do it. Every other day i still do a spoonfull of maeng...</p> <p>3days!!!!!! Thats it! Then its smooth sailing</p>		
Just a friend	<p>I do have to take a lot because of my opiate addiction. I start the mornings with 12 grams and then just do 6grams for my mid day dose and night time dose. For as long as you were on the pain meds it will probably be a while before your tolerance drops and you can take less. I've taken kratom for about 5 years and had opiate addiction for 7. I've been clean for about 2 months but my tolerance is still really high.</p>	2019/07/07 at 2:38 pm	#addiction #opioids #pain
Alissa	<p>I take between 10-15 a dose. Have fibromyalgia and other old injuries. Was on norco or Percocet and some form of muscle relaxant for almost 3 years, all prescribed by my doctor, never went in early for more, then like you, they stopped prescribing... lyrica helps a bit with the fibromyalgia, but even with my insurance, I can't afford it. Kratom has literally saved my life as well! I really hope they do t make it illegal either, I will be screwed!</p>	2019/07/07 at 4:30 pm	#opioids #pain
Michele (4 comments)	<p>I've been using Kratom for three years and nine months and it saved my life. I took it to get off suboxone which I took to get off ten years of taking methadone for pain. While I was doing this I didn't know that I was also in heart failure (likely due to the years they left me on the methadone) but the withdrawal I'd literally the worst and can last up to two or more years. If I hadn't taken the kratom my heart would probably have failed completely-killing me. I have been clean ever since- no thanks to any doctors-who would have let me die. But I started with green Bali but any green will probably be fine. Any of it will work. And ALL is better than not using it! It helps with pain, restless legs, body agitation, all the withdrawal symptoms. I no longer use pain medication for my chronic pain. I use my Kratom. Start with less unless you need more. If you feel nauseous, use less. Start at maybe a teaspoon of Kratom to any juice, tea, chocolate milk (which kills the yucky taste the best, believe it or not-or use it to chase it). I boil nestea or Lipton sweetened lemon ice tea and add my Kratom to that so it steeps for a few minutes- or you can take the capsules (but they suck to get down. They are what I</p>	2019/07/07 at 8:58 pm	#opioids #pain #withdrawal

	<p>started with.) you can add it to anything that works for you. It can and will get you off what you are addicted to as long as you want to. I'm proof of that.</p>		
	<p>I had that happen to me (on pain meds for years-ended up suffering more on them) I used the Kratom instead – it helped my withdrawal immensely . And it has pain killing properties. You can still take your pain meds but keep time between using them because the Kratom fits your opiate receptors so the pain meds may not work as well but you won't need them as often or as high a dose. I just went off of mine completely. (I was on methadone for my pain and it's probably what caused my heart failure and other horrible side affects.) I now usually only use the Kratom for my pain. It truly saved my life. I was in heart failure and didn't know it (doctor's thought I was to young, even though I told them that it felt like heart failure and I've been an EMT on our ambulance service for over eight years.) if I would have just went cold turkey off the awful pain meds I was on- my heart would definitely have given out & I wouldn't be here today. I can't stress the many ways that Kratom has helped me and many of my family members.</p>	2019/08/17 at 4:36 pm	<p>#opioids #pain #withdrawal</p>
	<p>It saved my life... and that's all there is to it.</p> <p>The doctors are run by the pharmaceutical companies and they loose way to much money when anyone gets off their poison's. The doctors are programmed to never agree with any non-pharmaceuticals. It's a very scary thing.</p>	2019/08/17 at 4:43 pm	
	<p>I was on methadone for almost ten years. The Kratom saved my life. I've now been totally off those pain meds for almost four years. Meanwhile the methadone had caused severe side effects that weren't diagnosed when I quit the methadone- most serious was heart failure. If I hadn't taken the Kratom- my heart would without a doubt- given out. When I say it saved my life, I'm serious.</p>	<p>2019/08/17 at 4:50 pm</p>	<p>#opioids</p>
<p>Simom</p>	<p>. I was literally on a 10 per dose 10mg Vicodin. I was on the verge of losing my family and children. Kratom fucking works. ,but...like my juul which is in my mouth all day. I did quit smoking a pack and a half a day. But juul now. Same with kratom. I drive for</p>	2019/07/09 at 8:01 am	<p>#opioids</p>

	UPS. I've been clean for 2 years because of kratom. But because kratom is so natural taking everyday is okay. I don't mind taking kratom for the rest of my life as I use it to work out and work in general...It saved my life		
Josh	I'm a recovering addict and chronic pain sufferer. I'm on my feet all day walking miles at a time for my job and I couldn't do it without kratom! I used to have issues with sleep as well and it has helped with that also. You get more for you money if you buy in powder form but the only way I can take it is with coffee (something warm) cold liquids dont break it down well but warm liquids do.	2019/07/09 at 9:57 am	#addiction #pain
Shayman	I was introduced to kratom about a year ago and have since gone through several bags of product. I had no prior experience with opiates, pills, etc... , but I was a very heavy drinker up until about 4 months ago (today is day 113 with no alcohol BTW). Anyhow, the person who introduced me to kratom had no real experience himself, so we started off with 1 tablespoon of powder and then quickly progressed up to 2 heaping tablespoons. It was not until I discovered that my food scale could measure in grams that I became aware that my standard dosage was 16-20 grams, which seems to be an incredibly high dosage for a relatively "newbie" given what I have seen other users post online as recommended dosages. Foolishly I considered 1 TBS as "microdosing". My liver may have another opinion, but I've seen no ill effects thus far. Going to start cutting it back to 1TBS as a regular dosage, but I do like the feeling given by the 2 tablespoons. The best way to consume it is with chocolate milk. It doesn't completely dissolve and is still kind of lumpy going down, but it definitely helps with the taste.	2019/07/09 at 5:53 pm	#alcoholism
Dalton	Yes this shit works no lie!!! I was a total junkie injecting all kinds of junk in my body meth heroin fentanyl it didn't matter. I decided I was done living every everyday dope sick and barely even alive. I started with 2oz of Red Bali, in my opinion Kratom and weed saved my life!! I can see the potential addictiveness it can create but for me it was mind over matter and telling myself not depend on it.	2019/07/11 at 2:57 am	#addiction #opioids

Aliyah	I have been using Kratom since December of 2017. I was an alcoholic and addicted to opiates.. kratom literally saved my life. I got a DUI in Sept 2017 and that's when it hit me that I needed help for my addictions... my BAC was 2.46, and I wasn't slurring or super drunk like a normal person would be, and being 5'3 115lbs that tells you how much I was drinking if i didn't get sloshed with a BAC that high. Anyway I did some research on kratom for a couple months before giving it a try, and I'm so glad I did. Kratom made the withdrawals from both alcohol and pills non existent, even in small doses! It gave me my life back, and gave me a chance to become a mom, and be a great mom. I had my son in March 2019 and he is a healthy, happy baby. I wouldn't be able to be the person I am or the mom I am today if it wasn't for kratom. My last drink of alcohol was October 24, 2017 and last pills were in November of 2017. I haven't looked back to those addictions because of kratom. It saved my life and I am so thankful everyday that I was able to live and get clean and sober due to kratom.	2019/07/11 at 4:39 pm	#addiction #alcoholism #opioids
Dkay	I was using 90mg of Percocet for 11 years and used 5g of Kratom 3 times a day to get rid of wd. But went and did a 7 day Ibogaine treatment had almost no wd and been clean ever since. I highly recommend it	2019/07/13 at 4:23 pm	#opioids #withdrawal
Billy Crockett	I've been taking Kratom every morning for anxiety. Works much better than CBD. I quit about 6 months into it and felt no withdrawals. I'm down with it. Give me a bit of pep and a feeling of well being. I'm a former junkie that is sober 32 years. I'm 65 now and it's great to find something that actually works. \$150 500mg capsules for \$30. Need I say more?	2019/07/13 at 11:28 pm	#addiction #anxiety #mood #withdrawal
Alissa Johnson	I was taking tramadol. 10 per day. I know alot of people say that tramadol isnt even a narcotic, "non narcotic they say. But let me tell ya. The withdrawals from this stuff is absolutely horrible! Thankfully I found kratom. It has been 6 days since my last tramadol and feel great!	2019/07/15 at 4:02 pm	
sabra gibson	I happen to take a lower dose (five or six capsules- two and a half to three grams) two or three times a day. I think one's need for kratom can vary pretty widely, depending	2019/07/17 at 11:16 pm	#pain #energy #mood

	<p>on experience and strain. I am just beginning to see just how differently I react to different strains!</p> <p>The nice thing about taking kratom for chronic pain is that, instead of needing more and more, users tend to need either the same amount or less as time goes on. Another nice feature of kratom is that many strains give you some energy and mood lift with your pain abatement.</p> <p>I hope this helps, and I hope that kratom helps you more than opioids did. I know that it works that way for me.</p>		
Lucy	<p>back in Aug 2016, I decided to get off pain pills and switched to Kratom...I was able to get off the opiates with my withdrawal lessened, and three years later, I am still off them. I was so deep in the opiates, I thought I was going to have to go to a methadone clinic or some sort of rehab facility, but this stuff saved my life. I can't recommend it enough, and it's nice because if I run out of the Kratom, I don't get withdrawals. The only feeling of withdrawal I get is in my head. I don't get those horrible physical withdrawals when I run out, and I can function until I get more.</p>	2019/07/17 at 11:33 pm	#opioids #withdrawal
Debby	<p>Been tapering since end of May. I started taper at 2 mg strips suboxone. My brain/memory became toast after 5 years & i know this is familiar scenario. I'm down to about (cutting strips it's hard to figure exact dose) about .33 mg now and feel ok, is that weird? I've been drinking kratom tea bali red) once maybe twice a day. I think I'm ready to jump to ZERO Suboxone. I've done this twice before (without kratom) I thought I was going insane (put myself in in patient). This Time feels different, like I can take my last run in and do three or 4 cups of crate him a day and I'll be OK.</p>	2019/07/19 at 10:23 am	#opioids
Manny	<p>. was taking 10-15 percs a day at the end. Researched a lot online I felt like I was losing my family I was.... got doc to prescribe me clonidine for opiate withdrawals and bough some red Bali Kratom. Went from 10-15 percs a day to none . No fuckinh withdrawals at all .all the other times I tried it was too much lain and depression t bear. Clonidine and kratom saved me I'm happier than I have been in five years. Marriage is great kids love me again. I feel like I want to cry haha</p>	2019/07/20 at 9:53 am	#depression #opioids #pain

Sandi	I used it for Fentanyl patch withdrawals and it takes about 70% of the withdrawals away! It truly helps. I took a teaspoon to start with	2019/07/20 at 10:01 am	#opioids #withdrawal
Kelly	I had a similar experience, but luckily had other sources for meds, though I eventually got off them myself, and I also had a very high tolerance, I used suboxone to get off opioid meds, then took nothing narcotic for 7 months, however I still have bad pain from breaking my back in a car accident, I recently tried Red Bali Kratom and it does help a lot better than meds like Advil or any other OTC meds. Red Bali is the only strain I've tried, but it works. Also, I would ween down slowly on Kratom, it's been outlawed in a few states already & it won't surprise me if it's banned nationwide!	2019/07/20 at 4:14 pm	#opioids #pain
J j	Amen to that 3 years clean kratom got me off suboxone now im free	2019/07/20 at 9:41 pm	#opioids
Scott	Sorry to tell you this but sleep is the last thing to return from subs use. It's a horrible drug. I should have went through the 2 weeks of detox off oxy's instead I was a slave to subs for 10 years. I've been clean 3 years 4 mos and I still have days where I feel like I'm in withdrawals from the subs. I've used "slow" strains of kratom and they've helped a lot.	2019/07/21 at 6:17 pm	#opioids #sleep
Pogi	I started with three tabs and worked my way up to 12-14 tabs.. I now dose with 1 level TBSP, every 4-6 hrs. I am currently in the midst of tapering down. I also was hit by a drunk driver and was hooked on pharmaceuticals for years along with alcohol, sending me to rehab several times. i can report, I am sober from pills and alcohol for 8 years, thanks to Kratom..	2019/07/23 at 6:18 pm	#addiction #alcoholism #opioids
Marc Impey	I also was on heavy pain meds 180 ir 30mg oxy and 120 40 mg oxymorphone for 10 years and then nothing methadone for 4 years taking 280mg liquid a day highest dose ever in this clinic being opened then i screwed up there and got kicked out found kratom and was in heaven i wish i would of known about kratom be the methadone	2019/07/26 at 3:40 am	#opioids #withdrawal

	cause i almost died withdrawing on my own and i mean that literally was eventually hospitalised so your not alone but i take 30 grams of powder a day in the morning and at night and i found its the only thing that works for RLS but dont know if youve stopped taking kratom because its almost as bad as coming off the pills you take care and good job staying off the PKS		
Glen LeBarr	. I know a lot about this stuff & researched it for over a year before trying it...so glad I did! great for my fibromyalgia pain & anxiety.	2019/07/26 at 4:06 pm	#anxiety #pain
Josh	I used heroin, meth, fentanyl and if you want something to ease the WD I would highly recommend taking kratom. Just make sure you come off of is over time not all at once. coming of of both of those drugs can kill you just be careful.	2019/07/26 at 7:00 pm	#opioids #withdrawal
Mike	Green Malaysian worked great for me after a 15 year opiate dependency. I stopped cold turkey after having been bumped up to almost 200 mg of MS a day with a 3 month rotation of 90 mg of Merhadone every 6 months...My suggestion is that you do not start your clean, new life with Kratom until you are ready to let go of the opiates completely!... my personal regimen was 2g to start then increased by 1g every 20 mins to titrate desired effect once I found that "sweet spot" it was a "never look back" moment for opiates. I realized I didn't need all the meds the pain doc was giving me for 15 years because my pain was gone, I had energy and a "who gives a s*** attitude" to all the things that use to cause me anxiety. For the first time in many years I was able to focus on my son who is now 15 years old so due to opiates I missed him growing up, don't get me wrong I was there but was I really?	2019/07/27 at 12:21 am	#addiction #anxiety #energy #opioids
Sways (2 comments)	i struggled with heroin addiction for 6 years. It was by the glory and grace of God i was freed from my addiction 8 years now. To those of you still struggling there is hope.	2019/07/27 at 5:02 am	#addiction #opioids
	After reading these posts i felt the need to share more for anyone still struggling without hope. I got clean in prison in 2012. First thing i can say is i new i was done. I	2019/07/27 at 5:32 am	#addiction #opioids #withdrawal

	<p>had at that point been to detox 52 times multiple holding facilities (waiting for a halfway house in Massachusetts) 6 sober houses and could never get more than six months. I was completely unpredictable. Bad day get high. Good day get high. Not sure get high. Ill never forget the first time i went to get high and didnt want to. I was on the train with a friend from my current halfway house and he said “ do you really want to do this” and i looked at him an said “ No but it is to late we are already going” i knew my mind was made up and nothing would stop me. I got out of prison and moved to Florida. Not saying geography was the answer. It may have helped but i know i would have stayed clean in boston. I was truly done. Here is what i did. I got very involved in the program. (i have to be honest i don’t go anymore i got saved in 2015 and now Jesus is my program.) but for the first 3 years i was all in. They say 90 and 90 i did 240 and 90. If i thought i should do something that would help i did it. If i even questioned something for a second like should i do this? I didnt do it. I became a personal trainer which i still am. I shared at meetings. I chaired meetings. I started reading self help books. ... I have a bad back and i take kratom 4-10 grams a day. I would suggest people be careful tho. I could see how this could lead to a relapse and i had 5 years before i even tried it (yes i think time matters) also, i could see how it might help someone like myself when i was in the grips. Kratom prob wont completely relieve withdrawal but it will help.</p>		
Alicia	<p>I am trying to get off pain meds but my tolerance and pain is so bad. Kratom helps with the withdrawal symptoms But I’m getting no relief with pain. I’m taking red Bali and I’m up to like 10-12 grams at a time and nothing.</p>	2019/07/27 at 11:59 pm	#opioids #pain
Dan	<p>I was on a pain Management program and went to my appointment to find the facility shut down. I didn’t even know what withdrawal was at that time. My friend introduced me to kratom and it took my pain and withdrawals away. I was buying blue magic maeng da for it’s pain releiving properties as well as mood enhancer. I normally bought a 30gram bag for \$10. I was taking 4-6 grams twice a day.</p>	2019/07/28 at 12:41 am	#mood #opioids #pain
Joocy D	<p>I used Kratom (Red Bali specifically) to help me ween off the pills. It helped tremendously in my situation, and I recently got down to doing only 4 capsules a day,</p>	2019/07/28 at 8:56 am	#opioids

	which is close to nothing in the Kratom world. It's only taken 3 weeks to feel like I don't need them (pills or Kratom) anymore.		
Shawn	<p>I had a serious back injury that now I have permanent nerve damage. My wife has also suffered from fibromyalgia for years. We were both on pain meds (loratab then norco) for 6 and 7 years then abruptly cut off because our Dr. Was under investigation for trafficking because of early refills. We followed our prescription directions and rarely exceeded them. There were times when we would ask for a day or 2 early. I'm tired of being called an addict for taking medication that helps me function and provide for my family. I mean nobody calls a diabetic "addicted" because they take insulin every day, were told they're dependent. Well I was dependent on my pain meds.</p> <p>...I was taking 9-10 capsules of Kratom now I take the powder (4-5 grams)Tastes like shit but it works.</p>	2019/07/28 at 3:52 pm	#opioids #pain
Dancing Debs	Kratom has helped me enormously . I was in a motorcycle crash, spent 5 days in a coma, one month later someone crashed my car. I was a passenger. That night someone beat me and I spent another 3 days in a coma. 4 months to walk again. I discovered kratom. I can now walk without a Walker. Without it I would be related to a life of pain between wheelchair and Walker. Please stop the government from scheduling a food. Kratom is letting me rebuild my life. 65 and trying.	2019/07/29 at 9:02 am	#pain
Wap	Yes I am coming off of my subutex and it really does help me. It isn't like your classic opiate , for me personally it mimics the benefits of Bupenorphine or however you spell it	2019/07/30 at 12:14 am	#opioids
Tina	I have chronic pancreas problems due to medical error and have been taking Kratom for a while now. In and out of hospitals on IV dilaudid. When coming out, nothing for pain. I thought i would die.	2019/07/31 at 3:57 am	#opioids #pain

Joseph M Connor	I have crohns, social anxiety,PTSD bipolar,manic depressant. I dont take no meds ,except green and white strains of kratom.. my life has changed tremendously.	2019/07/31 at 9:56 am	#anxiety #depression
Tina (2 comments)	Kratom has helped me taper and eventually stop my meds (Xanax, gabapenten, and my ER transfix) I've been a pill addict for decades and let me tell you, Kratom saved me in a way.	2019/07/31 at 10:56 am	#addiction
	I list a life long friend to black heroine and I wish 3years ago I would have known about Kratom, because it actually works, helped me stop and I think I KNOW it will help you too!!	2019/07/31 at 11:01 am	#addiction #opioids
HippyNoShoes from CA	<p>I started taking Maeng Da for pain relief last year and found it to be very effective. Like you, I was alternating Tylenol Advil and prescription Alieve. Tired of taking so many OTC's and not willing to take opioids I took a chance and tried this. I don't use marijuana as I haven't found a strain that takes pain away without psychoactive effects (feeling high). maeng da kratom helped take the edge off the pain along with providing a "clarity" to my brain function. When you deal with chronic pain your brain gets so tired, and this was an unexpected bonus.. clear bright mind without jitters or a stimulant feeling. I took 4 capsules (.75grams each) in the morning, that's a total of 3.0 grams daily. Started with 2 capsules to see how I felt, but 4 seemed to do the trick, I didn't take it in the afternoon/evening as I was worried it may keep me "up" .. I suffer from insomnia.</p> <p>I stopped taking kratom early this year after I was diagnosed with breast cancer and started chemotherapy.. not enough studies to show if it would interact with my treatments, so I am waiting to get past this phase of my treatment and look forward to putting Kratom back into my regime after breast surgery etc...</p>	2019/08/01 at 2:02 pm	#fatigue #pain #sleep
Ashley	I had been taking 4-6 (or more) Norco 10/325 daily for over 4 years because my tolerance got so high. I tried to quit many times but withdrawal was so bad it was hard for me to even cut back. That is until I started taking Kratom a few weeks ago. I have	2019/08/01 at 6:47 pm	#addiction #opioids #pain #withdrawal

	<p>chronic TMJ, migraines and SI joint pain. I have had to take, maybe, 5 Norco over the course of the last few weeks and have had no withdrawal symptoms at all! I have tried white maeng da, red maeng da and Bali red. The white maeng da worked best for me taking 8 capsules 2-3 x daily...sometimes less. I sleep good at night which is a major plus for me. This stuff has really helped me get back control of my life. The only negative thing I can say about kratom is it causes me some constipation. Nothing compared to opioids though. Totally worth giving it a shot if you're looking for a way out of addiction.</p>		
Alexis Farmer	<p>Maeng da is one of the best ones in my opinion. I have tried many strains but nothing works as good as this strain. I have to take 4 capsules & then 4 more an hour later but my tolerance is high. I have been on & off opioids for 7 years & this has saved me. Red vein bali made me sleepy & the green Malay didn't do anything. The white maeng da is good for energy but not pain.</p>	2019/08/01 at 7:59 pm	#energy #opioids #pain
Dan	<p>I just wantend to share my experience with kratom. Ive had a complex fracture of my tibia and fibula. The intramedullary nail that was used to fixate the bone was accidentally not put straight through but at a bit of an angle so that my leg has become bent inwards. This causes an immense amount of knee and nerve pain.</p> <p>Ive had all kinds of painkillers including tramadol and oxycodone, and they help but they put me on my ass wich I dont like. Kratom is the only thing that really keeps me going when I have to because it doesnt have any sedating effects.</p> <p>I personally only need a few grams a day and it makes me feel very warm, comfortable and chatty. Ive never been able to get a sedative effect from kratom even at higher doses, while I even prefer all the red strains wich are more opiate like. When I do take more then my regular dose, wich is around 5 grams, I get this strong sense that something is not right, get nauseated and wonder why Ive taken more then I needed to.</p> <p>Ive taken kratom daily for a 2 month period and never increased the dose. I do not seem to build up a tolerance at all!? It seems to have some sort of maximum effectieve</p>	2019/08/02 at 6:25 am	#opioids #pain

	dose before only unpleasant side effects start to appear. For me less is more when it comes to kratom.		
Dan	i was prescribed 120 mg's of Percocet for 13 years. I developed a tolerance over the the last couple of those years and would often have to take more to get the same pain relief. I started using kratom to stop using opioids and it worked! The 1st couple of weeks were tough but nothing compared to total withdrawal. I was able to sleep w/o the horrible leg cramps. I've used red leaf kratom for the last 4 months and have been off of opioids. I've tried red, green and white. Red seems to work best for me as far as pain relief.	2019/08/02 at 11:17 pm	#opioids #pain #withdrawal
James j	Hey man I was on methadone for opiates for years and I stop going to methadone clinic and was sick as hell couldnt work even get out of bed and started taking kratom and it worked it was like a miracle and I've been off all drugs since I started the kratom	2019/08/04 at 8:51 am	#opioids
debbie	i been taking kratom Meang Da White Vein over 5 yrs i have broken my back in half from a car wreck and as well as Cancer both lungs known as the black lungs i have Chronic Pain as well im grateful for this kratom i start off with a teaspoon when i get up i take the powder i chase it with water or juice depends on how active i am that day when ever i start to fill pain bam i take a teaspoon im 58yrs old been on pain pills more then half my life the kratom is AWESOME no addictions no withdrawls	2019/08/04 at 10:28 am	#opioids #pain
Mike	I'm a 20yr opiate addict. Started with Vicodin as a teen and opiates became a daily thing from 14yrs old to 34yrs old. Used to take 10 norcos at a time 6 times a day. Then came heroin, then I was on methadone 105mg for 3 yrs and detoxed all the way to 20mg n then just quit taking it. Couldn't take the wdrawls cuz they lasted more than 9 days. Got on Suboxone, then subutex, I was snorting 8 to 12mg of buprenorphine a day for 7yrs. Slowly weened down to half a mg and stopped, waited till day 3 when I could take the wdrawls and tried some Red Bali Kratom. It worked! But.... It only worked for about a week, I learnred about switching the color and boom! Went from Red Bali to White Maeng Da and it was like the first time all over again. Red Vein is hella strong and Green Malay is cool if you switch from Red Bali. My colors are usually	2019/08/04 at 10:58 am	#addiction #opioids

	Red Bali for 5 to 7 days then I switch to White Maeng Da...I take 9 capsules 2 to 3 times a day		
Tee	I use Kratom also and yes it works for me ! Great for my pain! Dont know what I would do without it!	2019/08/05 at 2:50 am	#pain
David Brassfield	Stopped taking methadone at 30mg cold Turkey. Went through hell for about 3 months then found kratom through a friend and never looked at opiates since. It's been 1 1/2 years.	2019/08/05 at 8:25 pm	#opioids
Mark	I've taken plenty pain killers in my time. I had more trouble with Tramadol than any and I've taken all of them. This stuff is a miracle for me. If the FDA takes this away from us they are just cruel. I don't even want pills any more. I have no noticeable bad side effects from Kratom. It has helped with Anxiety and energy. The pain relief is where it has helped the most. I used to be in pain all of the time. I got so depressed taking Tramadol. Kratom has actually helped me to have normal bowel movements. I guess it has some type of good roughage in it. It has really turned my life around. I don't feel that I'm a junkie any more. It dont give me that chemical medicated feeling. I can tell it is natural just by the way my body responds to it. I can only speak for me but I've struggled with pain med for 20 or so years and this is my miracle.	2019/08/06 at 6:22 am	#addiction #depression #opioids
PizzaMan	<p>I used to be on dome for a long time. I lowered my does 10% each week. When I finally got to 2mg a day I quit. I was ok for a week or less then had withdrawals for the next three weeks. It was horrible even at that low of a dose. I couldn't take it and eventually gave in to dope once again.</p> <p>I found out about Kratom online. Did a little research and went out and bought some green mang da. Best decision of my life. Yes now I'm addicted to Kratom since I've been taking it every day for the past two years however I feel like myself again. I feel happy. As soon as I took my 1st dose I could tell that Kratom is a true miracle herb. IT GOT ME OFF HEROINE! If that not a miracle then I don't know what is.</p>	2019/08/09 at 12:31 am	#addiction #opioids #withdrawal

Ryno	<p>I just kicked suboxone myself . Literally just did. Still haven't made it out the storm yet a month and half later ... took subs 4 +years recreationally and then 6 years prescribed by a doctor so about 10 years most the time 2-8/2mg strips a day.. 16mgs a day average for a decade .. I thought I was battling satan himself</p> <p>For the first 2-3weeks ... indescribable pain :/ sry man.. but kratom. Yea brother if not for the kratom it would have been too much to bear . The RED and GOLD strains first will do best to get through the worst part .. then I have switched to a white or green and for help with lack of energy now as they are more energetic and the red /gold being sedative and stronger ...I'm a big dude and have built a hell of a tolerance through my many wise decisions, so you have to take a lot .. 10-20 capsules was average for me... It isn't some "superfood fad" like all the other herbal shit. It works !</p>	2019/08/09 at 10:42 am	#addiction #energy #opioids
jennifer blevins	<p>My name is Jennifer and me and my old man have been talking to others about KRATOM for a little bit now. It is to find which one would work for me to come off pain killers. I have tried a couple of different ones. I truly find that the green KRATOM works the best for me. It takes the withdrawals away and gives me energy. Also, there is a liquid shout out there called K-shout I find that works as well. I get one of them if I can not get the pills. I also find that 5 grames works for me which that is 10 pills cause the pills to come as 1/2 gram each.</p>	2019/08/09 at 4:43 pm	#energy #opioids #withdrawal
Jeremy Atwood	<p>.was so hard coming off methadone. Found kratom and it helped right away. I'm off all opioids and just take kratom.</p>	2019/08/10 at 12:01 am	#opioids
Angela (2 comments)	<p>maeng da will help your withdrawals . I've successfully used to WD from heroin and Suboxone</p>	2019/08/11 at 3:07 pm	#opioids #withdrawal
	<p>Kratom absolutely helps with coming off Suboxone. I couldn't have done it without kratom. Suboxone is awful. Ide much rather with drawl from heroin. In fact, I had to use heroin to get off suboxone the first time I did it. Then used Kratom to get off the heroin.</p>	2019/08/11 at 3:04 pm	#addiction #opioids #withdrawal

	The 2nd time, I just used Kratom to get off the Subs. Now I just use Kratom occasionally when I get the PAWS.		
David Williams	<p>I have been taking Kratom daily for exactly 2 yrs now and I'm 38yrs old. I was previously addicted to pain pills and that was for 11 yrs up until August of 2017. Now also I was a heavy hitter and I had taken just methadone for the last 5 yrs of my addiction witch between going to the clinics And my plugs I was taking 200 mg A day some days I can remember taking 290 mugs and I couldn't even think about any type of work. Getting up out of bed socializing etc without it. I can't stress how bad I hurt when out etc. I'm a millwright and I've worked hard and out in the weather etc most of my entire life and I'm about 5ft 11 and was about 260lbs when I stopped...I was introduced to the Kratom by another former addict just in conversation one day and I had done lost my entire life, family, great jobs, friends, material things, credit, freedom,self pride, I mean no care at this point. Knowing I had Overdosed twice in the past 2 months I had to research it and man I was in a ride brother I had no idea of. I mean that I'm from a smaller town that didn't have it hardly at all and nobody around knew what I was searching for and so I started researching all I could and to be honest with you their was a few times I only continued to do it instead of relapsing because I was legal and I could work and I could carry it on me and I didn't have the withdrawals half as bad and I could also generally go to any city for work and pick it up in a local smoke shop etc. okay so now what you have had happen to me sounds like your body is screaming like a baby for that methadone and also your body's like what in the hell is this shit you just put in me, I've read several times that people may get headaches real bad and nausea etc when they first start taking it because their body's trying to adjust and does soon but for me I didn't have any of those things happen. So fast forward to today curremtly I have 200% guarantee in that if you are taking methadone and 130mg a day your definitely going the right way and it's 70% easier to walk away and not want them not think about them dream about them etc. I was on suboxone and subotec Xanax also and nothing phased my craving until the Kratom....now I personally take Kratom 2 times a day but I've got several friends I've introduced to that may fake it 4 times a day but the difference is a serving may be 2 to 8 grms if it's a crushed leaf Kratom but I take powder it's the freshest I can get and it's the strongest feel good and energetic Kratom offered because it's dried the shortest amount of time and so I will take a huge serving of 10 grms personally in the morning but that's it for the next 12 hrs atleast and my friends may take 3 grms 3 times throughout that 12 hrs so everyone is different now also the green maengda is a powder so a serving of powder green maengda is probably 7 grms normally any way compared to maybe 3</p>	2019/08/12 at 6:58 am	#addiction #opioids #withdrawal

	<p>grms of it crushed leaf so know wht your buying . I personally now buy in kilos and I have about 4 streins I like so I have several pounds of it all together witch if it's took a lot it's a lot cheaper and it's definitely fresher that way 95% of the time. Now if your trying to just get pain relief and feel the euphoria and your not caring about anything else right now then you need The Classic well known Red Bali for certain its the strongest pain reliever & best feeling in the world the longer you take it and nor methadone the more it's gonna continue to feel more and more completely opposite of pain. I take that as my 2nd dosage in the evenings after the shower etc and the entire evening is great and I have an appetite but I don't over eat like I did with methadone or etc I was a consistent weight until I started pain meds and definitely after I went from Roxie's to methadone it increased from 175 to 289 now I'm 180 again and I honesty never ever even think about a pill or if I'm around any I could have 2000\$ in my pocket and I want even consist buying one etc. it's saved my life I'm certain of it.</p>		
Th	<p>I took opioids for 3 years I took 18 10s of hydro codeine daily I tried to get off them for weeks tryed every trick in the book and nothing and I mean nothing helped me so I started Kratom I went threw 3 different kinds until I found one white tie let me tell you I dropped opioids in a day I take 15 capsules every 4 hours and it's like I feel so much better the only prob I have is when I go to bed at night it's hard for me to wake up in the morning but I swear on this stuff IT WORKS I didn't have any withdrawals and I'm 101 days clean today I can piss in any drug test their is and it will be clean</p>	2019/08/12 at 3:54 pm	#addiction #opioids #withdrawal
Travis	<p>4 to 5 grams should do the trick. I'm also on subs 8 mg and when I run out I buy kratom capsules and I usually take 8 to 10 and it makes me feel about 90% better I'd not more. I notice I can feel things more and like listening to music when I come off subs and do kratom. Suboxone numbs you and it's nice to feel things again but it's so hard to quit especially when my doctor just gives me 30 a month 😊</p>	2019/08/13 at 12:00 pm	#mood #opioids
Jimmy	<p>Start breaking your subs into halves and then quarters. That's how I did it. Then I started using kratum and didn't have any serious withdrawals at all.</p>	2019/08/13 at 3:41 pm	#opioids #withdrawal

Thomas Gardner	The right amount (between 5 and 7 grams, 3 teaspoons)will make you feel almost like an opiate . I'm 16 days off methadone and still have a few weeks to go but I'm doing good. You'll have to take it every 3 to 5 hours. I found the mixture of Clonidine/Soma/Gabapentin-with kratom helps tremendously. Take on empty stomach. Eat fruits and vegetables and chicken/fish. Stay away from gluten when possible. Everyone is different but this mixture has been a life saver.	2019/08/16 at 4:41 pm	#opioids
Steve	I was taking oxycodone for 7 years. Tried to wean off it several times but the withdrawals were unbearable. Started taking white Maeng Da kratom 5 months ago and I have not had a pill since that day! It really works! Plus I have energy and it elevates my mood. I mix it into a glass of water...It has saved my life!	2019/08/16 at 4:49 pm	#energy #mood #opioids #withdrawal
Milagro	I have been using Kratom for. 6 years for arthritis. 1 teaspoon am and 1 teaspoon pm. All is well and I dont plan on increasing the dosage. The best wat for me to take it is with orange juice. 🍊	2019/08/16 at 8:42 pm	#pain
Someone	When I was getting off of a 5 year 450mg per day Oxycodone habit I was taking a teaspoon in the morning and one at night AFTER I did a 14 day taper down to 60mg without any help. My girlfriend one morning made my dose for me and used a tablespoon and doubled it thinking I wasn't taking enough. It had no ill effects. I only found out when discussing dosages with her and the possibility of overdosing.	2019/08/17 at 7:05 pm	#addiction #opioids
Phil	I kicked morphine and V, after 8 years. I am still tired when I don't have enough kratom but the other withdrawal symptoms are totally gone. Amazing, after so many tries	2019/08/17 at 9:12 pm	#addiction #fatigue #opioids
Dudeguy	Meang Da or Vietnam or red Bali are really great for pain relief I have a broken back and was on 120+ perks a month and two years ago went to kratom and haven't looked back, went right off the pills didn't even need to taper off, you want to take it with a drink that has citric acid or vitamin c as it maximizes absorption, if you use a soda like I	2019/08/18 at 12:40 am	#opioids #paid

	do shake the carbonation out I take 10-12 grams depending on the strain, and I toss and wash it, just pour about 5 grams in your mouth and then take a gulp of whatever liquid swish it around and repeat...I take 3 10-12 gram doses a day and it helps with a broken spine so it's worth it		
John RN	I was on Adderall , Just about every opiate. I have 5 boys (now) and really wanted to get off the opiates prescribed to me. Both Adderall and Percs became an addiction. I couldn't function without them and eventually I was taking more than prescribed. My docs seemed to care more about money she kept me in opiates and eventually just changed the type of opiate but never got me off. One day I ordered a sample of kratom I didn't do Enough research a d took 1 then 2 caps at 0.5 mg each cap. Naturally it didn't help with pain at all and needed to take a perc. A few months later as if a "sign" every gas station and smoke shop was selling kratom. And pretty cheap. 3oz for 18.99 of Bali or Borneo or Meng Da wasn't bad at all! I grabbed a bag. Took 2 heaping teaspoons (about 5-6 grams) 15 mins later my mind and body experienced relief of pain and energy and motivation. It was as if I took an Adderall and a perc at the same time. I have been using kratom for pain ever since. It really did change everything for me. Also helps with my mood alot but naturally...It's been an amazing wonderful transistion for me.	2019/08/18 at 10:46 am	#addiction #energy #mood #opioids #pain
Lemmy	I use red Bali for chronic pain treatment as well. I have broken titanium rods in my back not the surgeon's fault just the way it goes. Have no cartilage in my hip and arthritis so bad I can't walk....without kratom. I don't know what adding a red kratom to that massive level of pain medication would or would not do, but the stuff is amazing and I am 90-95% pain free and all I get from the doctors is neurontin. Before trying kratom, I was unable to walk anymore. Kratom saved my life. 5-6 grams at night does me right! But it would be good to know if you can get something to help with pain in the increasingly likely event that your meds are cut back or even off....like mine were.	2019/08/18 at 1:57 pm	#pain
MJ	I've got cervical kyphosis and bulging disk all down my spine from a car accident. All they will give me is steroids and muscle relaxers, I made them give me something stronger in the er, tramadol which didn't do shit but help me sleep when I did. But kratom actually took the sharpness of my pain and dulled it down. So it's not as	2019/08/18 at 6:16 pm	#opioids #pain

	intense. I've tried other pain killers before and nothing will help. Kratom is my last hope really and it's still expensive as hell. Suicide is a daily thought from this chronic pain.		
Dan s.	I was a serious heroine addict and kratom saved my life. My addiction was so bad that I lost my business, my home and all three of my cars. I thought there was no hope for me because all could ever think about was getting my next high. One day, at my lowest point, I just cried out to God to save me from my addiction and that same day I discovered Kratom. I'm now over a year clean and it still brings tears of joy to my eyes whenever I tell this to others struggling with addiction. With that said, Kratom truly and literally is a Godsend.	2019/08/18 at 6:24 pm	#addiction #opioids
Melissa	As far as tolerance goes, I got tremendous relief from Indo powder, then Mayo powder. Problem is I had been going through an ounce a day. I am a recovering addict from benzos and opiates. I don't understand how to measure. I just know I did not need my Klonopin anymore	2019/08/19 at 1:23 pm	#addiction #opioids
Maggie	Red Borneo helps my pain and mood and sleep...I quit years of oxycodone from Dr. Put me on 8 mg Subutex . Hated it and I passed out and quit breathing and my 16 yr old cat brought me out of it, hitting my face and crying loudly. Went to Kratom and no withdrawls after 10 yrs on oxycodone . Found out I don't have the gene that processes pain pills and others so was only getting 1/4 of 15mg oxy's. Maeng da can be mixed red and green work well for pain.	2019/08/19 at 9:42 pm	#mood #opioids #pain #sleep
Dizzle	I have had three surgeries in the past 7 years (Back/Knee/Shoulder). All big surgeries. The pain doc started me out at 5/325 Norcos at 1-2 a day, eventually, after 9 years it led to Percocet (oxyc) 10/325 up to 10 pills a day. When that started wearing off, I went to 12 pills a day. Then the doc discussed the Fentanyl patch. I was like, NO WAY. What happens when that wears off doc? Exactly. It came time to where I couldn't live this vicious cycle anymore. So over two weeks I found myself just completely tapped out. I have tried Blocks in the back, epidurals, over 60 sessions at the physical therapists. Ice and tenz unit every night before bed	2019/08/20 at 2:27 pm	#addiction #opioids #pain #withdrawal

	<p>WITH a Soma AND Ambien 10mg WITH the pain meds. I was a complete mess. So, what did I do? I was a complete idiot and tried to wean off myself. By the second day, I went to urgent care. After a long discussion with this new doctor (as he's reviewing my med history)...</p> <p>He laid it out for me. He said, YOU NEED TO GET HELP and I want you to go to detox for a week. So, I did it. I entered detox the next day. They put me on Subutex along with about a million other meds (made me a zombie at first) but I trusted the process. Started out with high doses and by the 7th day, I was on none.</p> <p>I have to tell you all right now, GO TO DETOX. Get your body and mind straight FIRST. Trust me, When I came out I felt like I haven't felt in 9 years. I felt new. I felt good. BUT my pain was still there. So, I asked about Kratom. I was pointed to kratom maeng da red. I started taking it the day after I got out. This is no joke, I have not even thought about taking a pain med. This stuff has seemed to help with the pain and head clarity So far, so good. I first tried the pill form, but since I am 6'2 and 205 pounds and the dosages I used to take I switched to the tea version. I use a spoon full and make a hot tea out of it in a good size mug. And it just works great.</p>		
K3nnyg	<p>I've been on suboxone for roughly seven years. This was to come off a 3 gram a day iv habit. Yes it saved my life at the time. Partially I suppose. Over the years I have tried everything and every way known to come off opiates to no avail. I even tried Ibogaine. Twice. Worked for normal opiates(heroin at the time) but not for suboxone. Sadly I relapsed after the ibogaine worked the first time while weaning my wife off. I also used a razor and cut an 8 down 32 times. Even 1/32nd of an 8 mg suboxone once daily produced the worst withdrawals I've ever experienced when stopped. In fact I went to jail for 14 days (dismissed. Honestly wasn't me!) and when I got out I was still just as sick. If u are thinking of getting on subs they may seem like a life saver but they are not. It's a lifetime contract for a large majority of people. Certainly the hardest to kick and Ive done the gambit. I've even seen ads to get OFF kratom with suboxone.....believe it or not I dismissed Kratom a loooong time ago as too weak to help my kind of addiction. However recently I've been reading a great deal of research on it and decided to try it. It's not just filling opioid receptors. Looking at current research and the areas of the brain Kratom effects I would swear this was made for opioid withdrawal. 15 days ago I took 1/3 of an 8mg strip for the last time. Kratom is the only thing Ive found that has made withdrawal from suboxone bearable. I actually feel perfectly fine at the moment. As a scientist I tend to be very methodical in</p>	2019/08/20 at 8:39 pm	#addiction #fatigue #opioids #withdrawal

	<p>approach and I base any approach off significant study. Addiction and biochemistry etc aren't my field but whether it be by placebo or function, my approach has worked this far....</p> <p>My worst and most unbearable symptoms are restless muscles, shivers, no energy, hopelessness, no appetite but I do NOT get cravings for opiates...</p> <p>I started taking Kratom the day before I stopped suboxone...When I stopped opiates I started taking 6 grams of powdered red Bali every 5 hours. Remember that this takes a minute to kick in. So take it an hour before any anticipated withdrawals. Playing catch-up is no fun and really ruins my whole day. I don't feel right for 24 hours. In addition to this take comfort meds as needed.</p>		
Linus	<p>Hey there, I take (9~12) grams in the morning of mang-da powder. I'm 6'3" 250lbs that's two or three teaspoons. I have the same symptoms you described. I've had multiple surgeries on my back and shoulders. I was in pain management but at the start of 2019 everything changed. Government under big push to get everyone off medications. It doesn't work like the medications I was taking but it helps. I also noticed more energy. I don't take it at night. Everyone reacts differently. My suggestion would be a teaspoon (flat measure) in the morning. I take it with warm water followed by coffee...I also found it may take 45min to take effect so I also suggest waiting an hour. I've taken more in a short period of time and it was too much not anything bad for me just a little irritable.</p>	2019/08/20 at 8:45 pm	#energy #pain
Shannon Bradshaw	<p>Weened myself of Of Oxi's & have been on A Kratom daily dosage & Its A life saver! My husband is an ER Dr. & is skeptical on Kratom because it is not FDA approved but he has been w/ me through my 12 years of chronic back pain & Is supportive because Kratom is the only thing that curbs the pain & keeps me from constantly whining about how bad it hurts. Only thing is if we find a diagnosis for my back pain & figure out a permanent way to cure the problem & make pain go away I'm going to hv to ween myself off of the Kratom as well. Sometimes when I wake up and don't take my red kratom the night before I go to bed, I can feel my body going through withdrawals the next morning, they are the same withdrawals you go through weaning off of opiates. However looking forward to that day that we do figure it out and I am dependent on</p>	2019/08/22 at 10:38 am	#opioids #pain #withdrawal

	nothing at all. Grateful for what Kratom has done for me the last three years, don't know what I will do if they ban this product.		
Dan	<p>i'll use 1-3 grams maybe 15-20 times a day.</p> <p>I used to take 6 15mg percocets daily for knee pain, knee replacement, heavy metal poisoning, 2nd knee replacement. That's 42 percocets a week @ 15mgs, making it 630mgs of prescription crap per week. I feel and look so much better using this natural substance.</p>	2019/08/22 at 11:48 am	#opioids #pain
Karley Quinn	<p>I had an infection in my spinal cord that got in there bc of an unsterilized surgical scalpal used during my FIRST back surgery. 3 months later I ended up in the hospital on IV antibiotics 24/7 for 8 days, had my SECOND surgery to irrigate and flush the infection out of my spinal fluid, died on the table twice, and left the hospital completelt paralyzed from the knees down and was told I'd never walk again.</p> <p>That was in 2014, and today I can walk, drive, and run short distances (I look funny doing it, though) all without assistance or prosthetics. My tendons and nerves suddenly woke up and began regenerating after 14 months! I, like you, will live with pain for the rest of my life. Kratom has given me a quality of life I thought was impossible, I agree that the government needs to butt out regarding this "miracle" plant. They tell us not to self medicate with street drugs, they make getting pharmaceuticals for pain mgmt a NIGHTMARE, and now they want to F*** this up for us, too!</p>	2019/08/22 at 4:17 pm	#pain
April	<p>I was taking Zubsolve, Subs, etc. after many years of being addicted to narcotic pain meds for chronic pain. I took my last sub 8 months ago. I did a lot of research on Kratom and the day after I took my last 8mg sub I started using Red Maeng Da. I started out at 3-5 grams every 4-5 hours and I was completely shocked and thanking God I did not have a single withdrawal symptom! Considering every other time I had tried to wean down or stop taking the meds I always ended up in the hospital, admitted every time! I would definitely recommend you stick with thr reds for opiate withdrawal and pain relief. I was prescribed every pain pill all my Doctors could think of over a twenty year span. Kratom has quite literally saved my life and given me my life back. I wish you all the best! It is most definitely possible!! If I was able to do it anyone can!</p>	2019/08/22 at 6:57 pm	#addiction #opioids #pain #withdrawal

	Seriously! Any time before Kratom when I would go into withdrawals I was admitted into the hospital every time it was always that bad and that severe. Once I was in the hospital for 5 weeks straight and even though I was getting IV nausea meds and Dilaudid around the clock it still took over 4 weeks for them to just get me to stop violently vomiting every 20 minutes. It was that serious for me. When I stopped the subs and started Kratom I didn't get sick or even feel bad at all. Now it's 8 months later and I am still doing great as far as that goes!		
Josee	I was an IV H user for 5 years...detoxing is scary and sucks but being clean is the best thing in the world. Kratom will definitely take the edge off and sleep will come sooner. I'd go a couple weeks without sleep..Since you are a heavy user, you will likely need a stronger dose of Kratom to address withdrawal symptoms. Don't make the mistake of overdoing it, expecting a magical opiate feeling cause it doesn't work like that post heroin use. You'll just feel like shit. Start with a teaspoon and a half. I mix it in oj. Give it an hour and take more if needed. Every humans dosage will vary so a little trial and error period will exist until you find your personal dose. My love and good vibes to you and your journey of getting clean. It's the hardest thing I put myself through and it took years of trying to actually stay clean.	2019/08/23 at 4:18 pm	#addiction #opioids #sleep #withdrawal
Christopher Barkley (2 comments)	I kicked fentanyl with Kratom	2019/08/23 at 4:20 pm	#addiction #opioids
	I would dilute the fentanyl with water and mix it and put it into a nasal spray bottle and used it for 2 years... When I decided to kick it I used Kratom ... No withdrawals, only thing was the mental/emotional stuff ... Best decision I ever made	2019/08/23 at 4:23 pm	#opioids #withdrawal
Jason L	Laura.. I jumped off of 150mg of methadone cold turkey. Then added a solid 4 weeks of banging heroin and fentanyl. Kratom will take it all away. I had to dose 10-15g first thing in the morning with a high quality maeng Da.... Oh, and redose maybe 5-6g every 4-6hrs. Listen to your body and you'll know when to redose.	2019/08/24 at 3:31 pm	#opioids

Adimusmaximus	<p>You can take yourself off Suboxone and go through zero withdrawals besides being a tiny bit tired, and kratom can help offset any of that . I tapered off 16 mg of sub a day Just by tapering slowly, on the days I felt a little groggy kratom more than helped. Tapering slowly is the key</p>	2019/08/24 at 10:36 pm	#opioids #withdrawal
Bindi	<p>I'm fed up with PAs in my pain Drs office having a snotty attitude toward me.. I have been a patient for 13 years and they still do this. I'm really over it.</p> <p>I have been opioid free for 6 days thanks to Kratom. No withdrawal effects. I as on morphine 30 mg 3x per day and Percocet 10mg 2x per day. I had to reduce my morphine by cutting them in half for several days before doing kratom so the withdrawals wouldn't be so bad when I jumped off to kratom. It worked like a charm. I did really good and so far, I barely feel 95% of any withdrawal</p>	2019/08/26 at 10:13 am	#opioids #pain #withdrawal
Kendall	<p>It was a complete life saver and I give it full credit for getting off junk.</p>	2019/08/26 at 1:47 pm	#addiction #opioids
Sharon Lubyck	<p>For me the red strain helps best when kicking. I found mixing white with it took care of the sedation. Sometimes I throw green in but you must understand, I dont get the same feeling from Kratom as opiates, for me theres no high feeling thank God, I just feel at peace as if I took opiate without being goofy in the head. Kratom saved me.</p>	2019/08/30 at 9:39 am	#opioids
Alana	<p>Kratom is a game changer in the opiote addiction I've been addicted to opioids so long 13 yrs and I spent 2 yr inside prison also I was a member of the methodone clinic for 2 yrs doing anykind of drug to stay out of pain and bet the withdrawals witch everyone who is anyone knows u can beat them. I started taking kratom a yr ago and also have a herniated disc in my lower back so I'm no stranger to pain iam so impressed with kratom I don't take anything else please try !!! It will change your life !!</p>	2019/08/30 at 12:01 pm	#opioids #pain #withdrawal

james hall	kratom gives me energy and helps with social anxiety. i take a low dose.	2019/08/30 at 4:37 pm	#anxiety #energy
Krissy	<p>I take suboxone normally but just moved and am in the middle of switching doctors. I thought I was going to have enough meds to last me until my appt. with my new doctor but I couldn't get an appt. until later than expected. Long story short, I stretched them as much as I could but ran out and still have to wait until 9/3 to see him. I really did not want to have to resort to h So I'm the meantime and after a lot of research I ended up buying the Red Vein Bali from a local headship and it has been a God send! I read that Red Vein is one of the strands that is best for opiate withdrawals. You are not taking enough of it. I take like 60 capsules a day which is 30 grams. I take the most in the am- maybe like 15 capsules and then the rest I space out throughout the day like every 4-5 hours. Idk of that is a lot but it's what works for me. I don't feel like it has a very long half life at all. Even if I wait like 6 hours say, I will start to get the yawns and cramping behind me knees. So I pretty much snack on them throughout the day so that doesn't happen. I wake up in the middle of the night like that also. But luckily I have other meds that help like Clonidine, klonopin and Gabapentin (although I cant run out of those until I see my doctor or that will become another issue- Gabapentin withdrawals suck too!) I know I am lucky to have the extra meds as not everyone is able to get at the time or whatever. Anything extra like that of course helps! As we all know. I have been going through a bottle of Red Vein in two days. There are only 120 capsules and the bottle is like \$30. Which isn't a lot compared to a dope habit. I've been on suboxone a year know so it's annoying me to have to spend money on trying to not be sick but it's DEFINITELY worth it. I actually ordered some poppy seeds to try to make tea today thinking that a pound of these will last longer cuz I read that you only need 100 grams per 100 lbs of body weight. I waited all day for them to come. I had taken my last 8 Kratom at like 8-9 am and they didn't come until 4. I was sick waiting- sweating, runny nose, stomach pains, yawning, leg cramps but I also know that the suboxone is slowly leaving my system so that had a lot to do with feeling so sick only 8 hours later. Anyways, the tea sucked and didn't do shit. So needless to say I went and bought more red Vein and I feel great now! Not high, well maybe a little euphoria or else I'm just so happy to not be sick anymore!!</p>	2019/08/31 at 11:55 pm	#opioids #pain
Tori Dorsey	I started red bali 2 weeks ago. 1 loosely teaspoon mixed in warm small amount of water , waited 1 hour if needed more then took another teaspoon. There is about	2019/09/03 at 4:35 pm	#opioids #pain #withdrawal

	4grams in a teaspoon. When I started I was on a daily dose of opiates 100mg a day for years. Now Im down to 50 mg of opioid pain medication and I take about 2 teaspoons of red bali a day. Doing well and going to lowering pills more next week. Pain is under control withdrawals are nonexistent.		
Tony	I used kratom in gel cape(bought at vape shop) to get off oxycontin after toe amputated. Three days of about 2 grams 3 times a day. Worked great...	2019/09/04 at 9:25 am	#opioids
Imagine	suboxone is easier to quit than heroine or speed, and i did both for a long time, now i am completely clean and use kratom to curve the urges that i will continue to have for the rest of my life, and im fine with that.	2019/09/06 at 2:35 pm	#opioids
Rachael (2 comments)	I take Maeng Da, started out with 1 1/2 to 2 grams each time, on an empty stomach. It never bothered me and works faster that way, guess it depends on the person. I load mine into capsules... It's been a life saver for me, chronic back pain plus an old foot bone injury that hurts when the hell it wants;) I took opioids for years, I've had no withdrawal symptoms since taking the Kratom. I buy it up in large amounts to make sure I don't run out. I feel better than I have in years, actually have energy but it doesn't make me jittery. This is the best stuff ever.	2019/09/07 at 6:10 pm	#energy #opioids #pain #withdrawal
	it's a miracle for withdrawals! I'd have them so bad my legs would jump, every muscle in my body would crawl. Not to mention all the other effects. I've had no withdrawal symptoms since taking Kratom.	2019/09/07 at 6:14 pm	#withdrawal
RM	I wish I had heard about Kratom earlier. I have been clean for 5 days now due to Kratom and I'm feeling great! I took opiates for 10 yrs. I've tried many times to quit but never made passed two days because I couldn't handle the withdrawals. Finally heard about Kratom and decided to try it. I am taking Maeng da capsules, I had to experiment when figuring out my dosage the first two days, but I think I'm good at 2 capsules 4-5 times a day. I was surprised that it ceased the cravings. And it helped	2019/09/08 at 2:17 am	#addiction #depression #fatigue #opioids #withdrawal

	<p>with withdrawals tremendously. I was still tired the first 2 1/2 days but nothing like the fatigue I know I'd feel without Kratom. The cravings stopped the first day I took Kratom. It was surprising for me to suddenly not want opiates. Its still early for me as I am only 5 days clean, but this is the first time I've made it this far! I am not tired anymore. Also, another reason what made quitting so hard was the depression would set in. But Kratom also helped with that as well, during these 5 days, ive been nothing but happy, clear headed, and hopeful. I feel so great. I feel normal! I feel so good that I am going to start weaning off the Kratom and only use it when I start to get depressed. This has been a game changer for me. I'm finally going to be free of opiates!</p>		
Stacy	<p>10 yrs narcotic addict, 9 yrs on suboxone. I take a heaping tablespoon of Red Maengda every 3-4 hrs a day. Been a month, cold turkey off subs...NO WITHDRAWAL! FULL of energy and feeling great! What a miracle and a blessing!</p>	2019/09/08 at 12:38 pm	#opioids #withdrawal
Nick	<p>No you can actually kick the habit with kratom in fact. Suboxone helps get you off the H but the docs don't tell you suboxone is also addictive. Suboxone helped get me clean and kratom helped me get off of suboxone. I just wished more people knew how this plant can save lives.</p>	2019/09/09 at 9:02 am	#addiction #opioids
Mike	<p>I kicked a 7-year poppy seed tea habit with the help of kratom. I was probably ingesting a couple hundred milligrams of morphine a day for years, using multiple pounds of the stuff daily. I would suggest going a lot higher than 2 grams of red Borneo. That's not going to do much for you. I would try 5 or so grams – a good level tablespoon (a normal cereal spoon, not a formal measuring spoon). If that doesn't do much, try 2 tablespoons– and so on. Takes about 30 minutes to begin feeling anything. Kratom helped me sleep. Also, order more kratom, and expect 7-10 days of rough sailing. You'll make it. I didn't feel like a human being again until day 6. The depression is intense, then it lifts.</p>	2019/09/11 at 3:04 am	#addiction #depression #opioids #sleep
Rich (2 comments)	<p>I haven't had methadone in almost 3 weeks...But kratom absolutely has helped. Would have been lost without the stuff!!</p>	2019/09/11 at 9:25 am	#opioids

	I stopped taking methadone recently after being on it 3 yrs. Before that I started on percs, then morphine then opanas. I tapered down on the methadone but even at 20 grams felt rough without. Kratom definitely helped me. Going on 3 weeks without methadone and feel pretty decent. Not much energy is my main problem but some white vein kratom helps that. maybe it's coming off the methadone maybe it's me hitting my mid-forties I don't know but regardless the kratom is definitely helpfull and natural. exactly why Uncle Sam and the big pharmaceutical companies are trying 2 stop kratom use. Like cannabis it helps and is natural	2019/09/11 at 9:20 am	#energy #opioids
Sandman Robinson	I am a former addict of pain meds. And Kratom got me away from them. Now all I use for pain is Kratom for what ever the problem is.	2019/09/12 at 1:11 am	#addiction #opioids #pain
Ras	I used it to get off suboxone after 3 years and about 15 of oxycontin and heroin addiction. It's been almost a year and a half free from all opiates and all pharma's as well because it did what no other benzo could do, stop my painc attacks. It truly saved my life	2019/09/12 at 2:49 pm	#addiction #anxiety #opioids
Christine Ryan	Because of my history of awful pain meds I have a super high tolerance. I started Kratom from a reputable vendor (still use them) with the suggested dose. Nothing helped to the point I had to raise dose. To a bit over 5mg. I do NOT recommend this dose at all. It is due to my history and maybe my illness. I have severe lupus (cerebral) vasculitis and some related depression and anxiety pain is a daily thing. It's hard to leave the house sometimes because I'm always l'll. After Kratom I have been able to rest a few days and take it prior to going to events. I still need more appropriate treatment for my illness but in many ways Kratom has saved me and I have not been sucked into those awful drugs which nearly killed me. Ironically I have never tried Kali, seems I should because pain is the main purpose I use it – also mood enhancement to some extent	2019/09/12 at 4:58 pm	#anxiety #mood #opioids #pain

Jacob	<p>I was doing about 20mg oxy for weeks until I did something like 30-40-55-80-120-200-240-360</p> <p>At day 5 I think, 10g of kratom was more than sufficient of getting rid of any remaining withdrawals. Though the first few days I just benzo'd out of.</p>	2019/09/14 at 2:42 am	#opioids #withdrawal
Big T	<p>I have been using kratom for a year or so now I was prescribed 40 mg extended release OxyContin for severe joint pain and arthritis do two years of bodybuilding, when the pain medication was discontinued due to the change of coverage from my health care insurance provider I would purchase pain pills on the the streets, but of course I could never find enough or simply afford the amount that I had been accustomed to receiving under my doctors care so the withdrawal symptoms kicked in. I went a good month and a half of dealing with withdrawal symptoms in between scoring on the street. After hours of intense research and failed home remedies thank God I had finally stumbled across kratom, thinking it was most likely just another overly exaggerated fix for my withdrawals I did travel to another state in which Kratom is legal to purchase, within 20 minutes of ingesting about 5 to 6 g in powder form I was astonished at the results! All my withdrawal symptoms were either greatly reduced to a very manageable level or were completely gone. I continued using Kratom for probably only a week or so 4 to 5 times a day until I felt I was free from the withdraw symptoms. I then waited a week or so feeling normal again and continued using kratom to manage my chronic pain and arthritis and still use to this day with zero side effects. My advice to anyone looking to alleviate opioid withdrawal is to find the kratom strain that works best for you and also the amount that is going to be effective. I generally use red or green Bali sometimes I will mix a little white in with my dosages and I use white grapefruit juice as a potentiator.</p>	2019/09/14 at 5:58 am	#opioids #pain #withdrawal
Bernadette	<p>after researching which strain is best to switch from opiates to kratom I found red bali works the best. That's what was recommended from several credible sources so I tried it and it worked excellently. You can avoid opiate withdrawal within a week in my experience.</p>	2019/09/14 at 11:03 pm	#opioids #withdrawal

Corina	A year ago when trying to get off pain meds, someone recommended Red Maeng Da.. I feel it has great pain relieving qualities and it does NOT make me drowsy. I get almost jittery energy at times which is fine by me! That was the main reason I loved pain pills so much was the energy they gave me to get through an entire day of productivity!	2019/09/14 at 11:37 pm	#energy #fatigue #opioids #pain
Michelle Steinwandel	I suffer from sever back issues-9 surgeries and counting, 4 spinal fusions with cages rods and screws and last year a spinal cord stimulator. I have found that for crate him to help relieve my pain I take approximately 15 g to sometimes three times per day... I got off of all opiates a year and a half ago but lately the crate him has been making me feel a bit woozy in my head about an hour and a half to two hours after taking it.	2019/09/16 at 4:31 pm	#fatigue #opioids #pain
Maeve	I was able to stop Tramadol (100mg) 4x/day and Gabapentin (300 mg) 4x/day with high quality Red vein and Green vein. My Kratom dosage is between 3-4.5 every 4-5 hours, depending on the pain. I had no withdrawals from Tramadol or Gabapentin.	2019/09/19 at 3:35 pm	#opioids #withdrawal
SkyNetX19	Kratom has helped me and many others in our situation this stuff saved my life and I'm thankful everyday that I got turned into it	2019/09/22 at 7:22 pm	
Jacob Shilling	I took a bunch of oxy.. Which thank God kratom has saved me from... If you wanna get out and be productive your best bet is white maeng da.. It makes me so focused it's crazy..	2019/09/24 at 1:56 am	#opioids
Miss Lea	What I did was taper down off of the suboxone all the way to what I believe was approximately. .67mg then I broke that in half for a week its hard to calculate the milligrams when you're cutting the strips into teeny tiny pieces. Anyhow.. Then I did 3 grams of... maenga da. I was fine! Now I'm clean and sober! You can do it!	2019/09/25 at 6:59 am	#opioids

Joseph Kmett	I had similar problems with lowered spine. What works for me Patty is I mix half and half green endo and red Bali. I was on a lot of pain meds like you were which we know is no good the side effects from that to be even worse. But my mixture really does help me get through the day motivates me to do things I used to do I work out to my normal activities every day.	2019/09/26 at 6:48 pm	#opioids #pain
Jonny	I was on oxycodone 10 mg x 6 A day and oxycontin 20 mg x 2 a day. When I would run out I took kratom and it set helped the WD. Need to buy quality kratom...I would take a lot to feel better and how much is what you need to do the same but start small and test the waters. Prefer the capsules since it tastes like shit but mix with coffee and much better. Take too much and you will probably get bad direahha or vomit. never vomited and I took 50 capsules a day for a few days but probably cause it wasn't quality. But it absolutely helps..no if and or buts about it. My advice is to taper off the pain meds. Easier said then done for me. I had to stop since my doctor got arrested. Long story but what a nightmare its been so far. Started sub this week and works well but just replacing 1 opioid with another. Plan is to taper to zero and just deal with the chronic pain.	2019/09/27 at 6:43 pm	#opioids #pain #withdrawal
Kate	I quit 200mg oxycodone with this... I tried subutex was trading one addiction for the other I'm off everything and was on meds for over 12 years. You will feel some withdrawal but it's a drop in the bucket compared to what you would endure cold turkey...My dose is exceptionally high sometimes from 13g to 15g every six hours but again that's my tolerance I reduce as needed I'm still in the first week.	2019/09/28 at 2:56 pm	#opioids #withdrawal
Major Tom/Sickntired (2 comments)	I'm early in this trial but happy to be off sub's. They're addictive and cause long withdraw symtoms and you don't even feel high. Not worth it. Methadone is the best drug to get "clean" you can get strung out tho if they let you go to 100mil a day. I lost 2yrs on methadone bc my dose was 100. 50m would have been better but addiction makes you abuse everything even treatment meds. Kratom is working so far..2weeks off Sub. Herb helps to. Xanax is the only one I have not been able to kick. There's no Suboxone type of pill for benzos so I'm hoping kratom will help me taper off those to	2019/09/28 at 3:39 pm	#addiction #opioids

	<p>I'm on week 2 and I eat 50grams every 3days...Kratom is helping me out with my addiction but I went to methadone clinic 2 years then subs for 2 . I was bad off and needed those things but now kratom is helping. Methadone is 10* as strong as morphine and Sub (buph) was originally horse pain meds so kratom can only do so much and I hope you are there but if not then get on methadone or subs. 70,000 people overdose a year and WV is number one. My brother, girlfriend and 2 best buddies are all dead. I've known 5/8 more but never buried someone on Sub. Or kratom.</p>	2019/09/28 at 4:10 pm	#opioids
Bryan	<p>It works man, I've been taking Kratom for 7 weeks (that's how long it's been since my last dose of suboxone) and I'm just about back to normal. Most capsules are .5 grams and I started out taking 7-8 capsules, the first week was rough even with the kratom, but just push through, it gets better</p>	2019/10/01 at 9:16 am	#opioids
Jen	<p>I too am taking it for my Ankylosing Spondylitis. I have been taking it for a couple months on and off now to make it through my 8+hr shifts working retail. I take about 1/2 to 1 tsp mixed with orange juice. I have been able to make it through an entire shift. I was first with juvenile RA 40 years ago, so pain is not new to me and most pain meds have long since stopped working for me. Right now this is working.</p>	2019/10/01 at 1:47 pm	#opioids #pain
Any-Mouse	<p>I have an ultra rare eternal tension type headache disorder. I developed it a little over 2 years ago. Started on percs about 3 months into it after laying in bed crying all day. I have a past with drug abuse from ages 14-20 until I joined the military. Never dabbled whatsoever since the early 2000s, nor did I want to. Gotta tell ya, the oxy grabbed me and started wrecking in my mid 30s. Anyway, I discovered Kratom about 6 months ago. I take it when I run out of meds and it absolutely is the real deal for WD AND pain! My question though is if I'm taking too much. I take 9-10g every 4-6 hours and have been doing so about 2 weeks out of the month since discovering it. Lab results say kidney and liver are perfect as of last week. I don't really drink much water either. I do believe I need to</p>	2019/10/01 at 7:58 pm	#opioids #pain

Gregory	<p>I'm also 50 years old and I have been on kratom for about a year it has helped my pain in my back I have chronic back pain I have found using different strains helps some of the stranes does not you just have to play around with them, I was taking oxycodone and Vicodin and tell my job said I can't take them that's so now I take kratom in order to keep working</p>	2019/10/02 at 7:17 pm	#opioids #pain
Tina	<p>I am withdrawing from oxycotin and Percocet,I can't stand withdrawals and the only reason I took it.</p> <p>I have just started Maeng Da Kratom,and I swear by it...</p> <p>Everyone with addictions and pain,Need to not walk run and Get Kratom..I haven't felt so good in year's!...</p> <p>I was so sure it wouldn't help! I was wrong...</p>	2019/10/03 at 10:20 pm	#addiction #opioids #withdrawal
Gary Tompkins	<p>I taking 10, 10mg of hydros daily or 10 years. I put 2 tsp of the green vein Malay in about 6oz of grapefruit juice and let me tell you... IT WORKS!! Of course, I ask Jesus for his guidance along the way. Here's how I know that he's such an intrical part... I bought my pills from my neighbor and one day after 10 yrs. The pharm. Didn't have them in stock so as I horribly suffered. Through the night I found out about Kratom online. Honestly the day I bought kratom the Lord spoke to my heart and litteraly said that this will. Be a way to help you regain your life..A way for you to search and rejoice in me. A lot on here may be abrasive or unbelieving and that's ok. I don't make things and I know what I heard. Such as He uses Drs and others.</p>	2019/10/04 at 12:51 pm	#opioids
Michael Verick	<p>Stumbling across this was truly lucky. I tried Kratom on a whim but it ended up saving my life. I never imagined that some leaf from China could make me care about life again. And in my opinion more people should know that this exists. It'd save countless lives.</p>	2019/10/06 at 9:00 am	

Nate	I really don't even know the amount I use. It's like I use different amounts on different days, like how much I sense I need. I feel that I probably sometimes use a bit more than what people describe, but yea, different amount depending on the day. I'm in the process of kicking a Tramadol addiction. I didn't think Kratom would help as much as it does. It's a sort of subtle kind of help. It sneaks in some normalcy which I really appreciate.	2019/10/06 at 2:25 pm	#addiction #opioids
Jim	I am a long time opiate pain medication user that got cut off when switched to Kaiser Permanente... I had a fentanyl level tolerance and this worked for me.	2019/10/06 at 10:07 pm	#opioids
Ajax	Tramadol is evil... cant believe I stayed with it as long as I did. Severe back pain kept me reliant upon it. Now 1 week free of Tramadol and morphine and I couldn't be happier.	2019/10/08 at 7:01 pm	#addiction #opioids #pain
Robert Lucero	At least 5 or 7 grams worth per dose, maybe more. Adjust for how bad withdrawal is. It works, I used it to quit heroin. But be warned, only use it for like 2 weeks or you'll just get addicted to it	2019/10/10 at 9:08 am	#addiction #opioids #withdrawal
Greg J	I HAVE BEEN USING KRATOM FOR A LONG TIME NOW AND IT HAS SAVED MY LIFE AND I BELIEVE THAT I NEED TO HELP OTHERS WITH THE SAME ISSUE. I HAVE FIRST HAND USE. DOSAGE TIMING STRAINS ANY QUESTIONS I WILL HELP. I HAVE BEEN OFF OPIOIDS SUCH AS PERCOCET OXYCONTIN AND I USED TO EVEN USE THE DEVIL HEROIN. I AM 7 YEARS CLEAN	2019/10/10 at 12:23 pm	#addiction #opioids
Paul J Walsh	I've been taking kratom for several months now for pain after knee surgery. It has been a better med for pain relief than norco and oxytocin. The only side effects is mild constipation. Its really been a life saver for me.	2019/10/11 at 1:16 pm	#pain

Sarah	I have been on kratom for six years now , for a chronic neurological disorder, to which there were no medications for me to take. It saved my quality of life. I only need two doses a day and it keeps me active and out of pain, relatively. I also have frequent blood tests done for my condition and never once has my blood changed because of kratom, I continue to still have normal levels for everything. I understand, there are people who can take things too far, but there are also people that kratom has truly helped	2019/10/11 at 1:38 pm	#pain
Gregory Barham	I too suffer from Celiac disease and suffer from headaches, and chronic Knee pain, but I too take kratom Pretty regularly, it also helps me with Seizures and Pnes Seizures I haven't had any seizures in over a year because of Kratom	2019/10/11 at 4:30 pm	#pain
Connie Simmons	We recently had to put down our 11yr old pom. Kratom is definitely helping my depression. I can't take antidepressants due to all the side effects but no side effects from kratom aside from some constipation. I have nothing but good things to say about kratom!	2019/10/11 at 5:20 pm	#depression
Shelly	I am a small lady also and have about six pages of stuff wrong with my back. The guy that did my MRI was shocked I can walk. But I have pain. Many women have fibromialgia pain. I also suffer from PTSD.. I lived with no medicine just exercise therapy keeps me moving but with pain. When I learned of Kratom I like the Red Vein Indo helped me the best. I could handle stress and was pain free doing other exercise like low impact aerial yoga loved it. But now I have been cut off. Back in the same boat. This is not a addictive substance.	2019/10/11 at 5:42 pm	#pain
Randy adams	Been on Kratom 8 years only thing keeps my A1C below 7	2019/10/11 at 5:55 pm	
Kasey Moore	I can tell you that kratom has save me and several other people I know lives and not to mention our jobs and money from a opioid addiction and I have had no side effects or	2019/10/11 at 8:38 pm	#addiction #opioids #withdrawal

	withdraws from coming off of the kratom so and I have a addictive personality and couldn't be more grateful for this to of came into my life when it did..		
DOYLE WARREN	Kratom has helped me manage my pains from working a very physically demanding job. Pipeline construction in the mountains. I'm able to keep tense muscles from hobbling me, and I'm able to go to the gym after work and have energy from the white strain along with pain relief. It has kept made it where I don't take nsaid's that caused my stomach to require acid blockers which then interfere with B vitamin absorption that can cause heart issues. I take white at work and before the gym and red before bed.. such a great help to bring my health back	2019/10/11 at 9:34 pm	#energy #pain
Not real name	Been able to cut my ambien use in half and wish I knew of this stuff when I was going crazy doing a cold turkey stoppage of Xanax. Would have made a huge difference.	2019/10/11 at 10:51 pm	#sleep
Edward Bernard	Gave it a try and for almost 2 years now have been able to function and deal with the chronic knee pain thanks to kratom. It does take the pain away enough so that I can work and get on with my life without the opioid high. There is a slight euphoric feeling that goes along with it but nothing like the up and down high u get on opioids. Hopefully the Gov doesn't fold under big pharma money and ban it. It is the only way I can function until I get enough money for knee replacement.	2019/10/12 at 12:30 am	#mood #pain
Mary Mayo	I was on pain pills for years for chronic pain . Then I tried kratom. It helps my pain so I can work . Kratom is a blessing . They want it banned because the big pharmacy industry can't make any money if people are turning to kratom . It's all about big money . Help keep kratom available . For people who need it .	2019/10/12 at 3:20 am	#opioids #pain
Brooks	Unfortunately having to take prescribed opiates for literally everyday for four years discovering Kratom was a blessing. No one, who truly is in chronic pain, likes having to take pain meds. There is nothing fun about it for us. But for real everyday pain there isn't much of an option. I heard about Kratom, I tried it, it worked! And with NO feeling	2019/10/12 at 3:51 am	#opioids #pain

	<p>of complete mind numbness you can get with pain meds. Your mind and thought process are in completely intact. You can focus, concentrate, and live out a clear day. With one huge difference, NO PAIN!!! Or on a bad day less pain than usual!!! I'll NEVER understand why there are those determined to see Kratom made illegal. So keep opiates legal with script, which kills daily, but make something 100 times more safe and highly effective on battling pain illegal. I'll NEVER understand that!!!!!!</p>		
Meg Guli	<p>I have my own amazing kratom story! It's just like everyone else's but it's my own...kratom had saved my life. My pain level is at a level 3 most days; which for me was unheard of, and my pain level never dipped under an 8. (Using the famous doctor's pain scale from 1-10) I have a life now...i never thought that would be possible. I went from...I'm never gonna walk again to hiking in the woods. Not even opiate pain meds did that for me. Opiates just made me not care i was in pain, it never took away the pain!</p>	2019/10/12 at 7:17 am	#opioids #pain
Ginger Wilson	<p>I also have chronic cervical spine pain. I'm an RN and have been living in chronic pain for 5 years. I waited a year to even ask for pain medication d/t stigma and the BS from docs, etc. I took 2, 7.5mg tablets a day. I weaned myself off before the doc could "cut" me off. I started using Kratom. I've now been on kratom for almost 2 years with constipation as the ONLY side effect. So, I take a mild laxative each night before bed. I drink a lot of water also. I want to die daily due to this pain..Kratom allows me to shower, make my bed and small meals daily. Without kratom I would not continue living in this body that has stolen my life/joy of life. I still have pain daily BUT kratom allows me to do the basics daily. I fear at 50 yrs old I will need a care giver IF they take kratom away.</p> <p>PS: Norco did not relieve all the pain either. But it allowed me to perform my basic ADL's. Praying for us all.</p>	2019/10/12 at 7:18 am	#opioids #pain
Kim Ray	<p>My husband and I have been using kratom for 3yrs now starting from 2017 and it has completely changed our lives! We both suffer with extreme daily pain, his knees and my spine has been broke twice once in 2005 and again in 2012. Of course I've been prescribed opiates ever since then and unfortunately I became one of the statics and</p>	2019/10/12 at 9:13 am	#opioids #pain #withdrawal

	<p>become addicted. Once I found kratom I was able to get off of them along with treatment. The kratom helped thru the withdraws and relived my pain. So now when I hear about possible banning it scares me because I know what the alternative is. I sign every petition I come across. And I think it's crazy they want to ban it cause some ppl abuse and mix it with other drugs/alcohol and OD/die so let's get rid of everything that has ever caused to die, bye bye cars..lol But seriously it's Big Pharma cause they know it works and that scares them, why do you think they are fighting this hard!!!</p>		
Neil	<p>Kratom helps me with my social anxiety manic depression adhd and ptsd. I don't think I have ever felt this content in my entire life. It is truly a miracle drug. Although highly unlikely if it turned out it takes years off your life I would still take it without thinking twice. It has literally changed my life for the better. I pray big pharm does not take this gift from God away from us.</p>	2019/10/12 at 10:30 am	#anxiety #depression
Robertjbarajas 89	<p>Man I can't say how happy I am that kratom exists I was taking 4 30mg oxycodone/hydrochloride and it helped me with my withdrawals from quitting cold Turkey. Sure i did feel discomfort, bit nothing compared to the pain i would've felt without kratom.</p>	2019/10/12 at 10:34 am	#opioids #pain #withdrawal
Donna	<p>I've been on Keaton for about 3 years, and it has saved my life. I have 6 herniated discs, arthritis and stenosis in my back. My dose of oxycodone was not enough, so I started doubling the dose. It still was not helping, my family told me how I was beginning to act strange. So a friend had been using Kratam and I ordered some. WOW what a change. I stopped the oxy and have only used the Kratam, and the pain decreased to a very slight pain. Occasionally if I've been doing heavy work, I'll use a Tylenol, but rarely do I need to use anything except my Kratam. The only reason it hasn't been approved for use in most states, is because Big Pharma would be losing money on their prescription opiates that DO kill people. I don't see Kratam being sold on street corners, like a lot of prescription opiates. I Love Kratam, it does a great job of pain relief.</p>	2019/10/12 at 10:48 am	#opioids #pain

Denise	<p>Iv suffered with depression most of my life. I was suicidal for years. Drs have prescribed me several medications that worked but only about 50%. I eventually became an addict to alcohol and drugs even to the point of injecting. I've been in and out of the program so I hesitated using Kratom but my depression was overtaking me again so I tried it. It worked completely. I even liked going to work. It was hard to drink. My conscience was getting to me because of the program and then I started seeing the bad reviews so I stopped using Kratom. I had no withdrawals like with other drugs I used. When I saw this review I decided to investigate and hopeful. I am using Kratom again and doing very well.</p>	2019/10/12 at 1:02 pm	<p>#addiction #alcoholism #depression #withdrawal</p>
Kyle	<p>I don't have withdrawals, it's more like just I'm tired for a week but as long as I get my 8 hours n some caffeine I'll be good plus it just kills depression. In a study in this and or China not sure the doctors or scientist said it is like pain pills without withdraw effects that would be used to lable it as addictive and that it doesn't come with side effects like depression like most pain meds. Also no it should not be regulated ppl don't need they're hand held on this one thank God kratom users aren't coming off like the pain pills and herion addicts. I'm not actually sure what she means by regulated like ppl can only buy so much or like the government will control it tax it or what is it? All ik is it saved me from alcohol get rid of alcohol before you try whatever on kratom. The website I use cure's and test the kratom before I get it.. it's all ligit and suprised me tbh.</p>	2019/10/12 at 2:00 pm	<p>#alcoholism #depression #fatigue #opioids #withdrawal</p>
shane moseley	<p>Kratom has successfully changed my life. I lost my leg in an accident and was on 2 types of pain killers, 2types of nerve pain killers, muscle relaxers, anti depressants and 4 types of blood pressure meds. All ineffective and caused me to be sick and unable to enjoy life or even relax or sleep. For the past year I have quit all of those and only use kratom. It has replaced every one of these deadly ineffective drugs. I now am able to enjoy my life and I feel great! I would not be where I am without it or even here at all. Its saved my life 100 percent. Never had any bad reactions or side effects. Nor withdrawals or cravings on days I don't use it. Although I try to use it at least 2 times daily to keep my blood pressure regulated.</p>	2019/10/16 at 2:52 pm	<p>#opioids #pain #sleep #withdrawal</p>

Robert P Cecere	<p>Former opiate addict here. I also withdrew myself from the worst of the worst. It was a goddamn nightmare.</p> <p>I broke free but that didn't seem to matter much because I lost everything else. I had no drive, no joy, no energy. I genuinely didn't want to live anymore, even though I was off the drugs. Kratom gave me my life back! I'm 44, work two jobs and have three vices;</p> <p>Caffeine, nicotine and kratom. These are the things that get me through the day. I don't want to live without them. I'm productive and interested in life.</p> <p>I also fight depression on the regular, taking an antidepressant everyday. Were this shitshow of a government to do to kratom what they did to marijuana, I would simply ignore their laws. I've found something that keeps me going, keeps me interested in life.</p> <p>That right there is worth everything to me.</p>	2019/10/17 at 6:50 am	#addiction #depression #energy #opioids #withdrawal
Kim Parker	<p>One year ago due to the opioid epidemic and the stricter laws my doctor took me off my lortab. My story, I am a disabled nurse resulting being hit from behind from a driver traveling 70 mph on the interstate and he was not paying attention because if he had been he would have seen all the traffic stopped due to a car wreck. My health problems consist of fibromyalgia, cfs, chronic back and neck pain, rls, osteoporosis, depression, depression, osteoarthritis, hyperthyroidism, PTSD, hx. of falls and brain fog. I had been on lortab for approximately five years and with no addiction problems. The pain became so unbearable that I was close to suicide, until someone suggested that I try Kratom. I had never heard of it, so I started researching it. I read everything good or bad about it. I bought books and read them. I researched companies and found a very highly respected one and ordered capsules. First, I took four stretched out throughout the first day and became very ill at my stomach. Second day I cut back to three. There was no sickness, my pain lessened, as each day passed my pain became less and less, my brain fog gone. I didn't have to rely on my husband to finish my sentence. That has been a year ago, I am down to one capsule a day and very rarely have pain especially that makes me think of suicide. Kratom is a miracle and honestly saved my life.</p>	2019/10/17 at 5:53 pm	#depression #opioids #pain

Lauren	I was on three opiates, dilaudid, fentanyl patch, and percocet for severe back and neck problems for about 13 years! After weening off opiates i tried kratom. I am amazed! My pain is a 0-1 level now with 3tsps kratom in water. I take one to two doses each day and im great. I also suffer from major depression. The kratom gives me energy and im always smiling now. The kratom is a lifesaver for me! I never thought id get off opiates but now i cant believe i was ever on them.	2019/10/18 at 9:38 am	#depression #energy #opioids #pain
kat Kief	I've been using kratom for severe rheumatoid arthritis and degenerative disc disease for six years and I haven't had to up my dose at all!	2019/10/18 at 2:38 pm	#pain
J (2 comments)	Post AcuteWithdrawalSyndrome. Unfortunately for me it was worse than the actual detox. It just never seems to end. Just didn't feel good. Had depression and actually almost committed suicide. If you get the right type of Kratom it will do wonders!	2019/10/20 at 1:35 am	#addiction #depression #withdrawal
	All I can say is kratom is amazing. I'm a pill addict. Especially opioids. Decided I was done. I ran out and had gone about 72 hours without So I went and bought this indo white strain and it's weird how it happens. It takes a while. It doesn't pack that pill punch. But after a while like an hour and a half later I started feeling happy, talkative, pain free, and had an incredible amount of focus and energy. The crazy thing is it lasted all day. I didn't have a pill craving at all. With pills I'd want more in two hours. I don't know what a big dose is but I'm used to 100-130 mg/day hydro/oxy habit 1-15 rock and 1-10 norco. I've tried up to about 7 which hit hard but 6 capsules seem to work all day. I take one at night it's called club 13 horn. I was dumb and took 9 capsules which is about 8g. So any help on good strains and doses would be great. I just can't believe I have no withdrawals and feel so energetic and focused at work. I install cabinets for a living and and feel this kratom works miracles! Take it from somebody who was diagnosed with a back problem and have been on fentanyl payches, morphine, dilaudid, opana methadone, and all the others.	2019/10/20 at 1:28 am	#addiction #opioids #pain
Ruth	I have same deal with degenerative thrown in there. My bf came in from WA state and we both have a lot of pain...it really works...he had loose green kratom and gave me	2019/10/22 at 5:02 pm	#opioids #pain

	4-6 capsules every like 4-6 hrs it was lasting! Drs wont give me any pain meds either. this stuff is the bomb!!		
Tonya	It took me a long time but I have 6 years sober. Kratom has helped get me off 2 of my anxiety meds	2019/10/23 at 7:42 am	#anxiety #addiction
JR, RN	When I realized that I probably had developed a dependency, even though it was in the early stages, I immediately started researching and came across Kratom. That was 4 years ago. I started taking Kratom on Thanksgiving Day, 2015 and have never had anything more than ibuprofen since that day! Kratom in my personal and professional opinion saved my future. I had/have legitimate reasons to take opioids and they have always been prescribed to me, but I knew that if I didn't get control of it when the situation was still relatively small, it would wind up becoming a monster that in my profession I just cannot afford to battle...	2019/10/26 at 5:32 am	#addiction #opioids
Todd	I'm in middle of suboxone withdrawal. Was on 1/2 of 2mg film a day. Kratom is working great for me, and with the extract I don't care which strain. I alternate, but prefer white for the energy as I have kids. Helps me a ton!	2019/10/29 at 11:44 pm	#energy #opioids #withdrawal
TheGuy	Kratom and edible medicinal marijuana are miracle plants. I Quit oxycodone after 12 years of use. Never missed a single day during that stretch. In less than two weeks I was off everything including the kratom. You forget how great it feels to be sober, coherent, and you will be hyper motivated for life after your accomplishment.	2019/11/05 at 12:00 pm	#opioids
Beastmode	Look everyone on here obviously isn't a doctor nor do I fancy myself an M.D. but what I do know is what has worked for me. A little back story I have been on hard prescription opiates for over 15 years (oxycodone or greater), I have gone through several treatments be it 7 day detox, 30 day in patient, cold turkey, suboxone until I was locked up for 3 years and got clean. I got out and thought I had the disease licked and dipped my toe back in the pond just to see and 8 years later I found myself losing	2019/11/05 at 4:27 pm	#opioids #withdrawal

	<p>everything all over again...My success story came from going to buprenorphine from harder stuff, once I felt like the urge to get high was gone somewhat, I started immediately tapering those down...I was reducing dosage every 4-8 days since that's how long it takes plasma levels to adjust with bupe, I did experience some withdrawals this quickly but NOTHING CLOSE to hydromorphone cold Turkey symptoms... once I was micro dosing bupe I switched to Kratom. I have tried them all and they have mild differences but found a reputable Maegna Da brand covered all.symptoms fine and was 100 times cheaper than buying stuff off the streets. I used kratom for entire 12-21 day PHYSICAL withdrawal from bupe (6-8 capsules or 3-4 grams every 4-6 hours or as needed but this was plenty for me who was snorting 600mg of oxy a day 6 months prior)...once i hit day 21 I began taking less kratom (tapering) I lowered dosage and frequency over a 10 day period and with eating decently and i stopped smoking while detoxing (helped with stomach issues ALOT) and honestly had VERY MINOR withdrawal symptoms... i don't want to be enslaved by anything anymore... if I had to choose i would take kratom.every day over going back to drugs</p>		
Simba William	<p>i went from 200mg of morphine, x3 percs, and norco .. 3 days cold turkey, kratom been clean sense but am averaging about a lb a month. idk if thats bad but thats how i been a year 1/2 clean</p>	2019/11/08 at 7:12 am	#opioids
Christina	<p>I could name all the medical problems I have but it would take forever! Short version I wish I had Kratom before I took oxy morphine ect.. Kratom changed my life for the better!!</p>	2019/11/08 at 12:15 pm	#opioids
Red	<p>It completely took away my pain for almost a full day. I took a little over teaspoon, which is almost 3 grams. I did this first thing in the morning on an empty stomach, toss and wash, followed by my morning coffee. I have used Percocet for years for pain relief and my tolerance is through the roof for it. I am sick of the pain management and the feeling of criminalization that accompanies each visit. I hope this continues to work for me.</p>	2019/11/08 at 5:13 pm	#opioids #pain

Debby	<p>I am at the end of getting off of xanax using Bali Red and Bali Green Kratom and rotating them with adaptogens and CBD and Corydalis with California Poppy for sleep. The red is definitely more relaxing. I don't like to mix things together so I rotate or leave several hours in between doses. I also take 1800 mg of Gabapentin per day for nerve pain split into 3 doses. I get a script of 10 10/325 mg Hydrocodone tabs every 3 weeks to help with severe pain outbreaks, but they give me severe constipation much worse than the Kratom. If I have to take Corydalis or Hydrocodone I don't mix them with Kratom. I have taken 500 mg tylenol with Kratom because I can't take NSAIDS like Advil or Diclofenac. One time from hydrocodone the constipation was so bad I had to use a sort of douche method and Senna Tea after using the Hydrocodone for only two days and only two tablets! So I put them aside now for a rainy day in case they outlaw Kratom. I use Kratom to help with my pain and it seems to go well with the Gabapentin because it keeps me focused, energized and awake. I'm also losing weight because I am a water baby and love to swim. I've lost 28 pounds and my doctor is amazed! But I changed my entire life. I rarely eat out anymore... I think it would be a big mistake to take Kratom off the market. I don't drink, but alcohol and rx opiods have killed so many people and Kratom has not. I consider it a safe choice. Without it I would be in pain or have to be constipated with opiods.</p>	2019/11/11 at 6:11 pm	#energy #opioids #pain #sleep
Christine	<p>I'm 49, 5'5" and maybe 130 pounds? Approximately 6 weeks ag I'd been on 90 mgs Oxycodone a day the past 14 years. Bad accident in 2005. Also a wife & mother. I hear you. These kids I adopted have no time for any of my extraneous baloney.</p> <p>I also live with psych stuff, had a tough time of it coming up, lots of antidepressants, TBI, blah blah blah.</p> <p>To answer your question, for one such as me, a person who "idles high" in the tension department the Red Vein Bali was a good choice. Great pain relief, sedating enough to calm my neurotic self down. Hubby and chillens are thrilled...</p> <p>When I first made the switch, I needed 3 grams in the morning, then another 1-2 grams every 4-6 hours. That was...the first 3-4 weeks. I'm still mucking about with delivery systems as my menstrual cycle affects my pain needs, as does the weather.</p>	2019/11/12 at 11:31 am	#opioids #pain

Georgia	I have been taking kratom on and off of awhile to manage the pain I have from RA, and symptoms of MS. I also diagnosed with chronic fatigue and fibromyalgia. Dr's don't give out pain meds anymore hence my agony. I have had bulging discs in my lower back and it's caused me so much agony. I've been taking a green strain that I by at a head shop, but idk that it's working as well as another strain could, I would like to find a strain that give me the energy that I would get when I was prescribed opiates, and the same level of pain relief. So people get groggy when they take pain meds, but I get the opposite effect...	2019/11/12 at 12:10 pm	#energy #fatigue #opiods #pain
ROBERT REID	i have been taking it every day myself. just love the boost it gives me. great for my anxiety and believe it or not, its quite the sexual stimulant. i have had issues with opiates for decades. spent 6 years on suboxone. quit that 3 years ago and my sleep has never been back to normal. kratom helps with sleep. but, kratom is physically addictive. lets be honest here. when i dont take it for a day or two i feel pretty bad. tired, body aches, no sleep and the worst thing is the body muscle tension at night. thats what keeps me from not sleeping. oh and a slight hum in my ears. its not real bad, but its there. but, and this is a huge but, its NOTHING like quitting suboxone. that stuff is death. so, kratom is addictive and there is a 7-10 withdrawal period. its not terrible but its definitely tough. but for someone like me who has been through other withdrawals, its a walk in the park.	2019/11/15 at 5:29 pm	#addiction #anxiety #opiods #sleep #withdrawal
Nicky	I was on over 300mg of oxycodone for 20yrs.and was cut off my meds.kratom help me get off of them.	2019/11/15 at 9:39 pm	#opiods
Mary	Matt, I just stopped the subox 3 days ago after taking 8 mg sublingual strips for 2+yrs after a 15+yr oxy/H habit...the red strains are better for opioid detox & they recommended the strongest strain- woolly mammoth. Since the subs have a 24 hr half life, I took my last strip at 6am Thursday and started the Kratom at about midnight last night (Friday). They told me to take 1.5 tsps as needed but minimum of 3 times a day (morning, midday, night). I've been taking it every 3 hrs today cause it's my first real day of detox. I'm functional, the hot/cold sweats are there but not half as bad as they normally are (but they're worsening). Not too much muscle pain, stomach is screwed	2019/11/16 at 6:54 pm	#depression #energy #opiods #pain #withdrawal

	up but not too bad, the depression is manageable & I've got some energy. The Kratom will build up in your system (like the suboxone had to) so I'm gonna decrease as needed. Microdosing w/shrooms to get you through the worst of the detox has worked wonders.		
Edmond Simon (2 comments)	I've been on kratom for 1 year, come off the methadone program which was brutal, turned to kratom white vein, it gave me energy drive and replaced opioids 100%..	2019/11/17 at 4:02 pm	#energy #opioids
	The only withdrawal symptoms I've had from kratom; just felt a little off, almost like anxiety but not like real anxiety, just felt a little wierd for like three days. And it damn sure wasn't debilitating. Able to eat, work, and function normally. The symptoms passed within 4 days. Not EVEN comparable to opioid withdrawals, I wouldn't even compare it with having a bad day, just felt a little off that's all.	2019/11/17 at 4:35 pm	#anxiety #opioids #withdrawal
B	I'm the beginning I was only taking 2-4 g's Because I was afraid of taking too much and messing my tolerance up too fast, but to be honest, it wasn't until I started taking 7-10 g's Every 6 hours, that I finally have relief. I'm on day 6 no subutex, and 2 years no klonopin.	2019/11/18 at 11:14 am	#opioids
S Anderson	I have exactly what you have as far as kratom. I was told to take 2 of the jumbo pills & try that first. If you feel you need more, you can take 1 more. More than that has made me feel bad but nothing where I got sick or a headache. I can take just 1 at a time, every couple of hours & don't feel the withdrawals. I've taken 6 of the 10/325 hydro's a day for 10 yrs with 1) 60mg of morphine twice a day. I was able to taper down & stop taking the morphine thankfully but still had a tough time with the hydro. I tapered down to 3 a day & finally took myself off. The kratom has been so good for me but if there's better than just what I got from the smoke shops then I would love to know so I can find it. I'm ready to have my life back.	2019/11/19 at 7:41 am	#opioids #withdrawal

Rick N. (2 comments)	I was on strong opiates for 15 years after a horrific motorcycle accident...didn't want to live that life anymore at 60 yrs young..withdrawals were killer.. I quit on my own within 7 days using very small pcs of suboxone and then kratom..now i use kratom a couple times a week for pain and to boost energy. I will never return to the devil pills again. I am finally feeling what i am guessing normal to be since i had forgotten because of fentanyl and oxys being in me 15 years. Kratom saved me from a road to death with opiates.	2019/11/23 at 9:16 pm	#energy #opioids #pain #withdrawal
	I was addicted to opiates and fentanyl for 15 years using the kratom i am happy to say i am clean now for 113 days and feel what normal feels like. It relieves my pain from a motorcycle accident where i got busted up bad..but it works.	2019/12/01 at 1:10 pm	#opioids #pain
Debbie	I am 62...White Thai...Is a. Blessing. Two Fractured feet and a night time Caregiver...I take other Herbs. And. Cleanse. And I. Don't take white Thai every day... In my prayers I am thankful for these herbs.	2019/11/24 at 7:04 am	#pain
Mike Carr	I'm addicted to METHADONE but down to 10mgs a day, at one time I was on ridiculous high 180mgs of mdone, have had spinal surgery & had to relearn to walk, I'm feeling shitty at 10mgs but I know longer crave euphoria, just want to help detox, I'm aware of it being addictive but I don't think it can be any worse than what I'm going thru, I did a "test", bought 30 capsules of mang da & took 10caps at once 2x 1st day & skipped my mdone dose, 2nd day skipped my mdone & took 5caps twice & i vried watching a movie for 1st time in yrs, i didnt get euphoria that my non-opiate friends get but thats fine, i just want to be clear headed again...	2019/11/25 at 10:45 am	#addiction #opioids
April	I have had over 15 surgeries over the years (I'm only 37 years old). Due to the chronic pain that has never subsided I am in pain management. I currently am prescribed 120 10mg Percocet a month. I have been in pain management in the past....on Fentanyl, morphine, opana, you name it. I am completely dependant on opiates to cope with my pain.....but they are ruining my life. I have to take at least double the dose prescribed in order for it to work due to the tolerance level I've built up for the medication. I run out	2019/11/30 at 9:03 pm	#addiction #energy #opioids #pain #withdrawal

	<p>of my script about 12 days before my refill is due. I figured I'd give Kratom a try, because of the withdrawals I get, along with the debilitating pain. It works like a miracle!! I take 5 to 7 grams of green Bali powder about 4 times per day (the times I would normally take my Percocet) and I don't even notice any difference..... besides the fact that it actually works BETTER on my pain and gives me endurance and energy. Kratom truly is a gift that God created on this Earth!</p>		
Mark Elmore	<p>Jumped off 70mg of methadone with nothing but kratom. 4 months later I'm done with both. It truly did save me.</p>	2019/12/01 at 1:44 pm	#opioids
Jessmicah	<p>I'm also kicking H, but I've done this before. Several times, in several ways including with Keaton. My main issue is after I'm clean, tapered off all substances including Keaton, I inevitably get bored and the familiar reckless surrender into oblivion yada yada... I find meetings keep me "plugged in". This is when I'm able to remain sober for long periods of time (no, I'm not one of those, I drink occasionally). I read something about a strain of red that doesn't have that feeling of noticeable head change or euphoria it's seems helpful for stepping away from dependency into ability.</p>	2019/12/01 at 2:26 pm	#opioids
keith	<p>I have had 6 spinal fusion surgeries(2 neck, 4 lower back) and red Kali is my favorite for pain mngt. I quit all the opioids and steroid shots in Nov 2018 4 wks after my last fusion(L2-L3). I feel like I have been granted a new lease on life. no more 1000\$ shots, no more opiates!! Granted, opiates are much stronger but kratom doesn't have the baggage that opiates do and I use it every day. Kali, Bali and red Maeng da are the best for analgesia that I have found, Kali being the easiest and least obtrusive(milder, less side effects), Kali will make a bad day all better too.</p>	2019/12/02 at 11:00 am	#opioids @pain
J.T.	<p>I was an addict for decades (first pain pills, then the miracle treatment that turned out to be FAR worse, Suboxone). I have been to rehab facilities for both. Now days, rehab is simply a 5-day detox, so it may be helpful for pain pills. But Suboxone has a much longer half life...After being handcuffed by Suboxone and its ridiculously high price, I've tried going to these "rehab" facilities with absolutely no success! Then a friend told me about Kratom, and about how a friend of hers got off Suboxone by using it... I was</p>	2019/12/02 at 2:18 pm	#addiction #opioids

	<p>taking 3 Suboxone Films a day at first. When I tried tapering off, I found how difficult it was. It took years to taper from 3/day to 2/day, and finally 1.5/day. Then, I got stuck. I couldn't go any lower and perform well enough to keep my job. So for the longest time, I took 1.5 films each day. This meant I had to spend about \$600 a month, not to mention the fee I had to pay to see a certified doctor to even get the prescription. So now we are up to about \$750 a month...Needless to say, I had to live on a budget. And on top of it all, during the initial tapering, I had to use Xanax to help with the withdrawals. So, now I'm addicted to another deadly, but absolutely legal drugs. So, I begin the Kratom... I had tapered from the 1.5/day to .333/day. In one month, I was taking 4.5 times less Suboxone than before, and I didn't rely on the Xanax to hide my DT's! The next month, again taking my time, I went from .333/day to .25 in a week, to .167 the next, to .125, then .125 every other day. So after 2 months, I went from struggling with 1.5 films per day, to just one-eighth of a film every other day. And just to be sure I wouldn't relapse, I went through the BS to get into rehab...again, but this time, I was able to join in on the meetings, activities, etc. without feeling the need to vomit.</p>		
Celena G.	<p>No shame in having to take Suboxone or Subutex. I used to think I'd quit, but each time I did stop cold turkey, my life went to hell in a hand basket. I wouldn't feel like working, get depressed, be so lethargic I was physically useless. And yes, the drug war is political propoganda to wage a social war against the lower working class and it's disabled and/or chronically ill populace...Go Kratom! Big fan. Helps my breakythrough pain, stress, anxiety, and energy/positivity/alertness.</p>	2019/12/06 at 7:43 pm	#depression #energy #fatigue #mood #opioids
Tammy M.	<p>I was taking 4mg sub. a day...I've used white bali kratom, 2 tsp, 2X a day for 2 days with no sub.. It was suggested that I switch to Red bali, so tomorrow I'm stopping the subs completely and starting red bali. Kratom has subsided all withdrawals after stopping 4mg of sub for the past 3 days. I'm done!</p>	2019/12/07 at 5:39 pm	#opioids #withdrawal
Dayna	<p>I have trouble talking to people other than my family and friends, I also had fears of driving far distances scared of getting Lost or in a wreck, breaking down you name it I thought about it. I would panic if I even thought I turned off onto a road I was unfamiliar with start sweating, heart racing and couldn't breath. I have been taking Maeng DA</p>	2019/12/10 at 10:51 pm	#anxiety #pain

	<p>kratom since last November I am now able to carry a conversation with others and I drove to Maryland Annapolis all by myself and returned without any panic attacks, It also controls my pain that I can't get relief from doctors because they were to scared to give pain medicine thank god for kratom, I do let my primary doctor know that I take it and what it has helped me with. I take 6 capsules every morning and again around 1 pm. This stuff is amazing it even helps me not have a very big appetite</p>		
Nick	<p>I am 67 years old. I was in pain 10 plus years. taking every type pain killers. In that 10 years i swallowed " a tonn" of medication. Last medicine was hydro morphine . What is Hydro morphine? It is Morphine !!!@##\$ Doctor easily prescribed me that medicine like it is aspirin. It took me about a week to get rid of that poison.</p> <p>Despite of medicine I was just laying ...not doing anything .After two years I almost forgot to alk.!!!!###???</p> <p>Now I am using green Green Ming Da. Daily i am taking 10-15 g two times</p> <p>PEOPLE.....!!!!:)))) NOW DAYS I AM NOT JUST ABLE TO WALK ... I AM ABLE TO RUN EVERY DAY ABOUT 30-40 minutes.</p> <p>So far I fill good , and preparing for competition for my age on Canada events.</p>	2019/12/11 at 12:19 am	#opioids #pain
Jami	<p>I've had a chronic cough for years, the only thing that would help is Norco (I guess it blocks the portion of brain that makes you cough), well I don't want take narcotics so I tried this & it's actually helping, I've tried for over 20 yrs to get relief from this cough, can't believe this is actually helping me plus gives me that little boost of energy. 😊</p>	2019/12/12 at 6:35 pm	#energy #opioids
Paul A Besselievre	<p>I was 39 hours off of my last 2mg dose of Subutex. I took a 0.5 mg capsule of Kratom and experienced tremendous relief instantly. I plan to once again go as long as I possibly can, hopefully another 36 hours, before taking another. I am prepared for the long fight. I refuse to be dependent for life. I spent 3 years tapering to 2mg a day of Subutex and I hope that Kratom can be my key to success.</p>	2019/12/12 at 11:13 pm	#opioids

DG George	I've use red Bali for past 6-8 months and have excellent pain relief from psoriatic arthritis...my sweet spot is between 7-10g for pain relief	2019/12/13 at 11:17 am	#pain
Mjay	I have been on Subs for 10 yrs and got up to 4-5 8mg a day in my last year..went to outpatient rehab where the nurse weaned me down with zubsolv(same Ingredients as suboxone) over a 3 week period! The next night without it I went into acute withdrawals! I could not imagine another night like that...I mixed some red vein Kratom and it literally knocked the withdrawals out enough to rest, eat and have a little peace...I'm 21 days clean and use Kratom daily!	2019/12/13 at 10:22 pm	#opioids #withdrawal
S.Ann	I was on prescription pain meds,and have withdrawn completely months ago..it was HELL..am using KRATOM for pain relief,and some depression,its a subtle feeling for me, not seeking euphoria,just to make the pain manageable.	2019/12/14 at 9:37 am	#depression #opioids #pain #withdrawal
Lisa	I moved to Florida 8 months ago and had to cancel my health insurance and ran out of my pain medicine shortly after. I have had Kratom in the past so I knew it helped with withdraw and pain. I have been clean from meds and still take Kratom every morning. I got my Dad on it for his pain & energy level and we call it the miracle drug. Thank the Lord for this stuff!!!	2019/12/16 at 11:56 am	#energy #opioids #pain #withdrawal
Lisa Dzuong	I started taking kratom because I was addicted to heroin. But the kratom did save my life. I do take it on a daily basis and I have no urge for heroin and I never will. Kratom literally saved my life.	2019/12/19 at 2:45 pm	#addiction #opioids
D	The short version is, Kratom saved me after a 5 year oxy habit and over 3 year Heroin habit. For those interested, read below. I was a rec opioid user and then I had surgery and was in the hospital for about a week and a half getting iv dilodid and fent, after being released I had a script for oxycodone.	2019/12/22 at 2:42 pm	#opioids #pain #withdrawal

	<p>I got up to around 200+ mgs a day, besides cost and all that acetaminophen I started looking for other options. I couldn't get a constant supply of roxys so I turned to the most wonderful yet evil thing I've ever encountered, Heroin. I never used iv, only snorted. In the beginning it was much cheaper, even though it's super expensive in my area due to not being a big thing. As with anything my tolerance grew and before I knew it 3 years had past and I was spending over \$1k a week, the bad thing was I was tired of it and when I'd go cold turkey, the cravings weren't bad because I wanted to quit but the acute physical wd's sucked but the paws worse than anything I've ever experienced and I just couldn't continue with running my business and raising my 2 children on my own while feeling like that. I would always relapse just to continue with my responsibilities, I eventually found out about a methadone clinic, this was great at first but having to drive 45 minutes every single day as well as \$12 a day, which is much cheaper but the whole thing was inconvenient as hell.</p> <p>I started using Kratom and was amazed at the results, I never took it seriously because there was no way a legal herbal remedy could not be affected, right? I was wrong, I was on day 6 with no methadone and feeling like straight death. I took about 6ml of gold reserve extract and 4 grams of...Maeng Da, before I even got home the sweats had stopped, the rls had gone away and I felt a calm come over me that even the methadone didn't give. I'm not sure it will work for everyone as we are all different but for me personally it was a life saver. Coming from a g to g and a half of heroin a day, if it works for me I'd definitely give it a shot. One added bonus is that it actually helped my pain, this was my reasoning behind the methadone vs subs, I needed the pain relief with my back and leg issues. Kratom truly worked for me, my only complaint is that it has a ceiling and redosing does no good. I can only seem to get the relief I need in my initial daily dose, lucky it works for a large part of the day.</p>		
John Gamble	<p>I was an oxy addict . Was on 190Mg of methadone for years . Because they would let you increase your dose at will . What a stupid thing to let an addict do huh . I'm on ly recently on Kratom myself . Got down to about and 1/8 of a sub every other day before I could feel the Kratom . But it helps . It really does . I have just gone almost 2 weeks without sub now and this is after being on 8mg a day for about 10 years .</p>	2019/12/22 at 10:21 pm	#addiction #opioids
Piper	<p>I have severe arthritis in my knees from multiple surgeries, bulging discs and bone spurs that push on my spinal cord. I have also been diagnosed with fibromyalgia and</p>	2019/12/23 at 11:56 am	#anxiety #pain

	have endometriosis. I also suffer from anxiety and ADD. I find the best pain relief and energy boost but yet calming from a Green/White combo. Red does not seem to give me relief. I do take quite a high dose; example 1tbs Green with 1tbs white and I mix it with 6 oz milk and several tbs chocolate syrup. I have also mixed gold with green and it's a great combo too. It's import to change up strains so that your body doesn't become tolerant. Start with a variety pack. And journal the affects. Start with a smaller dose like 1 tsp and lay or sit down for 20-30 minutes following ingesting it so you can experience the results and determine what works best.		
Camille	The one I use for everything from depression to anxiety, energy ,focus and pain relief is Red Maeng Da powder. I use it in a shake but it is not water soluable so it has to be mixed with yogurt first. I go for the powder due to my budget. That strain also leaves me with an incredible peaceful feeling as well!	2019/12/23 at 5:21 pm	#anxiety #depression #energy #pain
Tanner	I was an opiate addict for years.. everything from fentanyl to heroin.. pretty much whatever I could get my hands on...Kratom has changed my life without a doubt.	2019/12/25 at 10:40 pm	#addiction #opioids
Matthew Salter Michigan	I've been a user for about a few months an love the help it gives. I'm a recovering addict from lots of years of hard drugs an drinking, I use Kratom with marijuana an it goes with both sample an see what works best for you, I have severe pain problems along with adhd, anxiety, manic depression, ankylosing spondylitis, an many other issues. I am not one a single dr prescription anymore or on any illegal drugs.	2019/12/26 at 3:21 pm	#addiction #alcoholism #anxiety #depression #pain
Milly/Amelia (2 comments)	Kratom seriously changed my life and got me off the streets. I can now be a mom and have held the same job for over two years which was unheard of for me.	2019/12/29 at 1:10 pm	
	Kratom changed my life but I had to use methadone first at a clinic because h wasn't able to be accountable enough to taper my opiates on my own.	2019/12/29 at 1:12 pm	#opioids

	I wanted the change so I did not abuse my methadone and used kratom at night only. I had to be ok with not being ok for a little and once my methadone was at a completely taper I kept up with kratom and my life has changed. It has kept my mind clear and has stopped be several times from relapsing. Rehab and NA never worked for me but Kratom has.		
Mack	I completely kicked Subs with Kratom. I tapered down to 1mg a day and the first day I got to 1mg I was feeling shitty so I went and bought maeng da kratom powder not and extra just powdered leaves and put about 5g in a Gatorade shook it up, to two nice gulps the sipped the rest slow and i felt better in like 20 mins I was eating my stomach rumbling lol. Then everyday I just made a tea with maeng da.	2019/12/29 at 4:32 pm	#opioids
Jennifer Clark	I am a prior opiate user and Kratom has helped me to not pick it back up. It satisfies me but in high doses. I've tried various brands and strains For me the biggest drawback is being constipated, more than when I used opiates. I typically take a dose that is equivalent to 25 grams (I think) around 3-4 tablespoons but it's also because I've developed a tolerance. I use it several times a week because I like how it makes me feel. I want the euphoric effect and helps satisfy the itch you know	2019/12/30 at 12:44 am	#opioids
Lorre Hopkins	I have horrible Fibromyalgia too and have been taking Kratom for a couple years. I used to be on strong Opioids and was able to wean off of them and now use Kratom instead. I didn't actually take Naltrexone for awhile to get off of Opioids, but stopped taking that in order to use Kratom. Kratom is great because it helps with so many of he Fibromyalgia issues-energy, depression, pain, and I think it helps my immune system too.	2019/12/30 at 9:34 pm	#depression #energy #opioids #pain
Annie	I've been using red bali and red maeng da kratom powder for a few months now and it saved my life. I am 40 suffering from moderate degenerative disk disease and also digestive issues. I weigh 180 lbs. so a 3 gram dosage is perfect and I have no pain and have much better digestion!	2020/01/04 at 2:42 pm	#pain

robert	i have neuropathy in my feet lile a thousand needles sticking me it was horrible could not sleep..i tried the white hulu and white mangda..first time in 9 months i could sleep with no pain	2020/01/04 at 3:46 pm	#pain #sleep
Steve	I started Maeng Da witch is the strongest strain of the silver I took 10 caps 3 times a day I found I had more energy , focus and not so bad pain relief. I now use the Red Vein Bali and dont even think about pain pills.You have to get your mind right that you want off of them or nothing will work.	2020/01/05 at 6:08 am	#energy #opioids
Chrissy	I was on methadone for 4 years then quite cold Turkey. The withdrawals lasted so long that I was suicidal... It will take alot of time before you can feel the effects of kratom due to the fact that methadone takes so long to leave the body. I finally was able to sleep more than 4 hours a night at about 8 months of quitting dones. The kratom will help ease symptoms but will not take them away all together until the methadone is completely gone (I have heard methadone is stored in our bone marrow).	2020/01/07 at 1:05 pm	#opioids #sleep #withdrawal
SK	<p>I can tell you from being a patient of severe adhesive arachnoiditis ,cancer, auto immune disease and on them too heavy patches and pains killers for years ... that one day I finally came to the conclusion that I'm dying more from the opioids then the diseases</p> <p>I am an herbologist and i went to Kratom . Red Bali, ultimate green premium. But I take 1 hr before magnesium and turmeric which are potentators for Kratom. I have been off my pain meds for months now and I have my mind back. Granted I take other stuff like tizanidine and nerve blockers but I can live my life better now and I have hope again.</p>	2020/01/08 at 9:54 am	#opioids
Heather	I (40F) have Crohn's disease, Interstitial Cystitis, and a partially paralyzed right foot from a fibroid tumor removal a few years back. The nephropathy pain in my foot becomes extreme at times, to the point I can not even stand a sheet to touch it. I became addicted to opiates about 2 years ago. It started out just getting a couple from my mom every once in a while and led to a several hundred dollar a week habit. I was	2020/01/09 at 1:17 am	#addiction #opioids #pain #withdrawal

	<p>terrified of withdrawing but I knew I HAD to and I decided that cold turkey was better than suboxen/subcutex/methadone. I know people who quit heroine but no one who could quit the “detox” meds. I found out about Kratom on Reddit. I used it for about a week daily 4 to 5 times a day about a tablespoon in a cup of mint tea, and other than a few random sweating episodes in the first 3 days or so, I had no other symptoms. After a week, I started cutting back and after 2 weeks I stopped the Kratom totally just to see what would happen. Nothing happened. NO withdrawals NOTHING. I now (and for the last few weeks) have been using it 2 times a day. I use about a Tablespoon (all be it a heaping one) in some tea before I go to bed, and about half as much before I go to work (I work 3rd shift).</p> <p>I generally use Red Borneo but sometimes I get the Maeng Da. We have a little place in my town (in East TN) that sells it as well as kava and other similar stuff. I would not call it a “head shop” but it’s not exactly NOT a head shop either. But I have also gotten it at a gas station in a bind and had great success other than paying way more.</p> <p>This stuff not only changed my life, it likely saved it and my 20 year marriage!</p> <p>PLEASE consider trying it if you want to break an addiction. It can and will help.</p> <p>of course you have to get your mind right about quitting too. I realized early on that until I stopped wanting to get that pill high, nothing would help. Once I got in the right state of mind, Kratom helped me do the rest.</p>		
Jay Sr	<p>KRATOM is THE BEST pain relief I’ve ever had, and I’ve been dealing with chronic pain for about 15 years now and the mornings are the worst, and I don’t sleep very well either, I’ve abused almost every kind of opiate painkiller there is trying to help with pain through the years,, and now we finally have Kratom. I’ve been off all painkillers for around 7yrs, I’ve went through cold turkey morphine withdrawal that lasted about 6months, that was before I found Kratom) That was hell. I used to eat SOMA by the handful 10/15 at a time, but I knew it was going to kill me if I didn’t stop, after years of all them pills, I FINALLY told my Dr. the truth about the SOMA so he would cut me off and he did. I’m 43 yrs old been an alcoholic since the age 12 when I took my first drink, my LAST DRINK was Jan 13 2016. I found Kratom in 2015 It changed my life, no more pills, no more alcohol, and ALOT LESS PAIN. KRATOM helps me be a father to my son. Kratom gave me my life back. KRATOM SAVED MY LIFE. I AM KRATOM.</p>	2020/01/09 at 9:45 pm	#opioids #pain #sleep

Amy	<p>I live in eastern NC and heroin(per capita) is more rampant here than most of eastern seaboard. Town of 20,000 and wasted half of my life w/26 years of heroin use. It had made me into someone I didnt recognize anymore. 24 broken bones, 19 surgeries, RSD, and compartment syndrome of leg made me depressed, suicidal, in constant extreme pain. I begged my Dr to amputate my leg & when he wouldnt I reallu contemplates suicide. I did the methadone thing for 7yrs, then Subs- with many relapses and OD's intertwined. I had tried kratom once and told myself it was total BS but the truth is I wanted to be HIGH. Finally I tried it again out of desperation. Day 2 of withdrawing from a 2 gram/day habit. The only thing available at that hour was... Maeng Da. I took 5 or 6 and felt so much better. It only lasted 3 hrs BUT IT HELPED. The next day I went to a local shop-vet owned and told them what my situation was. They warned me to try to avoid...because of developing big tolerance but I looked at it this way. "I wasnt sticking a needle in my arm" & wasnt wearing liquid handcuffs (methadone.) I bought more, OPMS and 4 dif types of kratom. They were right about the tolerance thing. They told me to rotate kinds/strains every 2-3 days and It works for me and my Boyfriend(who has been clean since trying Kratom also). I know that kratom has saved my life & Im gonna be honest – I get a buzz most of the time I take it. As far as pain goes, it takes our brains a bit of time to start producing the "feel good endorphins" again. Sometimes years – but Im telling you that the initial gut wrenching pain caused by being highly opiate tolerant (& not having an opiate to take) does ease up. It has been getting better and better because of taking Kratom. I do more activities which in turn makes me stronger and helping the painful weak areas get stronger. Its a cycle- do more,feel better, feel better because i am getting more out of life. I prefer mixing red maeng da or Sumatra*) & a "feel good strain" like SG malay, SG Maeng da,green goblin... i sampled 25 dif types(more than once) and picked 12-15 that I rotate every 2-3 days and it keeps my tolerance down and I still get that warm fuzzy feeling I get from Kratom & my anxiety is so much better. Warning – taking only the stronger Reds long term can cause severe withdrawl upon stopping. Use for detoxing/mixed with extract for first 5 days. Lay off extract and save it for the really bad pain days for maximum results. Well thats my story and what worked for me. Kratom. Effects everyone differently. just keep sampling dif high quality kratom(like wht can get here) and dont give up. Oh yeah- eat something as soon as it starts to kick in to avoid nausea &/or bad gas & drink plenty of fluids. Kratom saved my life. Im trying to convince the many other addicts here to make the change. Im still new & learning about kratom. Been clean 65 days. Yay me. Yay kratom!!</p>	2020/01/12 at 2:09 am	#opioids #pain #withdrawal
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Bryan J Huggett	I've got off Suboxone last year with it take at least a tablespoon of it jus becareful to not over do it, It got me off Suboxone and don't have craving ethier, it will definitely help with withdrawals.	2020/01/13 at 5:30 pm	#opioids #withdrawal
Queenbee	I use only the red seems to work best for me. I take one teaspoon 3 times daily. And I have no withdrawal systems. But from everything I've read it all effects different people differently the best is to experiment and find what works for you	2020/01/14 at 7:31 pm	#withdrawal
J. James	<p>I was on 20mg oxycodone (stronger than hydro, so you should take this into consideration) 1 to 2 times daily, and tried to taper down or get off completely a few different times — and I have INCREDIBLY good persistence and resolve. It did not work for me, because of even the most minor of withdrawals coming with such intense RLS and inability to sleep, and a complete lack of desire to even continue functioning in the world.</p> <p>Kratom changed all this.</p> <p>I went cold turkey — in other words, without tapering off oxycodone — and began taking kratom. I began my first “day” in the evening after taking oxy very early in the morning. I started my usage using a RED VEIN, due to the alkaloid make-up being most comparable to oxy/hydro/heroin, and took no more than a single teaspoon. Yes, seriously. A single teaspoon.</p> <p>The BIGGEST mistake people make is over-dosing (not to be confused with overdosing as commonly used, which isn't really possible with kratom, except that it'll make you sick as a dog), and with kratom, it's not always “more is more”; many times, it's “less is more”, as nuances of dosage affect one's body differently.</p>	2020/01/17 at 3:27 pm	#opioids #withdrawal
Eve (2 comments)	I take it for chronic (intense 😞) pain from Lyme. It also helps with fatigue (greens) & to sleep at night (reds). I take 1level tsp for my dose, & take as needed for the pain. On average, every 3 hrs.	2020/01/19 at 10:26 am	#fatigue #pain #sleep

	Sometimes longer.		
	<p>I take kratom for Lyme disease, so dk about the withdrawal aspect, however,</p> <p>First, all k will relieve pain & uplift the mood.</p> <p>Greens are for daytime, give you non-edgy energy, good for focus...</p> <p>Reds (&Gold Bali) I use at night. They will put me to sleep. Although experiment, all have a chill effect, but not all put me to sleep...</p> <p>White: I didn't care for the white. Supposed to have the least pain-relief & the most energy, but it made me groggy.</p>	2020/01/19 at 10:39 am	#energy #mood #pain
Robert	<p>I have been abusing opiates since I was a teen, on and off methadone, but recently jumped off the clinic, after two weeks I still didn't have any energy and was barely sleeping, I bought that red vein kratom and been drinking it for two weeks I feel great, I'm really amazed. But yea there wasn't a dosage on the bag and I was desperate and drank half the mix and got extremely ill. Now I take a tablespoon on the way to work and it uplifts my spirits and everything. I just worry that I'm relying on it now, but hey, atleast I know I'm not gonna die from it. Anybody struggling with heroin pills ect. Please give this kratom a chance!!</p>	2020/01/19 at 11:54 am	#addiction #energy #mood #opioids
Warren Carter	<p>I have been using kratom off & on for years. I work an extremely physical job & had aches and pains all the time. Some mornings I couldn't hardly get out of bed from so much pain. When taking kratom I do not have that pain & I am able to do my job to the fullest & I'm not in pain when finished. If kratom was to be banned I don't know how I could possibly be able to continue working. I would have to go on disability & I do not want that.</p>	2020/01/20 at 7:51 am	#pain
Brian O'Dell	<p>I am a subcontractor in Home Improvement. And I do extremely physical work.. I am 53 years old.. and I am not a rich man's by any means. I was almost done with working</p>	2020/01/20 at 7:35 pm	#pain

	the pain was sometimes unbearable. I have been taking Kratom on and off for 2 years I would tell people that Kratom saved my life. And I only take it when I need it. It is by no means addictive to me. And I can keep working now, Kratom takes all the pain away for me...		
Don A. Childs	I've suffered with back pain for years tracing to a golf injury..{I know funny huh?} Ibuprofen inflames my IBS. Kratom removes my pain completely. Taking about 10 pills a month. Positive effects last a full week. Zero side effects. First relief from any substance. Eliminated my need for alcohol indulgence.	2020/01/21 at 8:04 am	#pain
Tiffany	I googled how much when I first started Kratom. It helps a lot with withdrawals from pills. They say beginners dose is 2-3grams and people on it longer take 6grams or more. You have to be careful bc it can make you sick. Start off slow and work your way up to a comfortable dose for you.	2020/01/21 at 12:08 pm	#opioids #withdrawal
DIXIE	I RECENTLY TRIED MAENG DA 500 MG BOY DID I EVER GET SLEEPY FOR ABOUT AN HOUR AFTER THAT I JUST FELT GREAT CALM AND PAIN FREE. I AM A CANCER SURVIVOR AND HAVE PLENTY OF PAIN, DRS HAVE ME ON OXY AND I WANT OFF THAT STUFF, THINK KRATOM MIGHT BE THE ANSWER.	2020/01/22 at 3:57 pm	#fatigue #opioids #pain
Ally	Kratom has helped me significantly in being able to get through my days without crippling pain and allows me the energy and uplifted mood to actually enjoy my day as well. Being a past cancer survivor with numerous spinal surgeries, hardware and injuries has left me in an indescribable amount of pain. I tried the prescription narcotic pain pill route and got treated horribly by my doctors and society being stigmatized as an addict for a legit medical condition I couldn't avoid and couldn't help. I took myself off all my opiates and switched to cannabis oils and kratom. The kratom allowed me to transition into a life without pain and without the dangers and labels that come along with using other forms of medications... its significantly bettered my life in so many ways.	2020/02/02 at 1:12 pm	#energy #mood #opioids #pain

Some chick who likes kratom	I just tried some red vein Kali and while it isn't as stimulating as a green strain, it goes well in a cup of coffee. Helps with my chronic pain and puts my morning anxiety at ease	2020/02/03 at 12:01 pm	#anxiety #pain
Pamela L Victory	<p>I have orthopedic and neurological issues and was taking a small dose of hydrocodone/Tylenol under doctor's care for 6 years. When this opiate crisis evolved, doctors in this state discharged even legitimate patients like me from care. I successfully weaned myself off of my medication but of course returned to trying to deal with the pain.</p> <p>I researched kratom but only recently bought some to try. After some experimentation, I found a dosage that worked for me. I have made it a practice to not use it daily to avoid tolerance issues. Besides that, it's pretty expensive.</p> <p>I believe that people with chronic, severe pain should be treated appropriately to maintain quality of life.</p>	2020/02/06 at 5:51 pm	#opioids #pain
Matthias	Coming from an opiate addict of 10 years, kratom is a lifesaver...	2020/02/09 at 7:23 pm	#addiction #opioids
Just Terry	<p>Kratom will be a wonderful experience. I don't think doctors have a clue about how chronic pain affects people. I was in a car accident almost seven years ago and it did major damage to both shoulders and my right hip. I continue to suffer with horrible pain, but thanks to Kratom I am able to function – not well, but something is better than nothing. I use a walker or two canes to get around, but my mobility is very limited.</p> <p>Kratom has been a God send. It was hard for me to try it, but I am so glad I did. I was beginning to have thoughts of suicide because of the never ending pain. I use Maeng Da either white or green. I wish I could find more people to discuss what works best for their pain. I hope you try it, because I believe you will find relief.</p>	2020/02/14 at 3:00 pm	#pain

Kelly Fish	<p>I was taking 6 or 8 /50 mg tramadol three times a day. For 6 years. And hydrocodone and norco. I quit cold turkey. Except for pot. Took a month to feel like my self.</p> <p>Was the worst month ever. I have had two spine fusions lumbar and thoracic . Bad car accident.</p> <p>I take kratom now. Some days 15 grams . Some days 6 or 8. Depending on my pain. And also smoke some pot and inject edibles . I live in CO so it legal.</p> <p>If kratom is made illegal. I honestly don't know what I'll do. I don't ever want to take prescription drugs again.</p> <p>There are days nothing works. And I hurt everywhere.</p> <p>Luckily I have a wonderful partner. She is supportive and loving. She knows my past . And sees me struggle with pain and depression. She also struggles with pain from injuries from the war in Iraq. She has meds tramadol from va. But rarely takes them. Or anything for that matter. I don't even think about taking her meds. No matter how bad life's been.</p> <p>Lost mom and both brothers in two years. Depression is a bitch and add chronic pain to that. It could make anyone spiral. We have had counseling together and separately. That has helped us understand each other.</p> <p>We are all humans. We have pain and weaknesses.</p> <p>I know everyone's story is different. And may not be able to kick drugs prescription or street. Like I did . But hang in there. Life is beautiful if you can only get your head above the clouds.</p>	2020/02/17 at 9:41 am	#depression #opioids #pain #withdrawal
Michael R.	<p>I was also on methadone for pain after spinal fusion that left me in chronic pain for 20 years. I was taken off methadone primarily due to the current opioid crisis in the U.S. (Love those doctors who avoid practicing medicine for fear of DEA scrutiny) Then I discovered Kratom from a Netflix documentary "A leaf of faith" which I highly recommend. I started using Kratom powder mixed with fruit juices, but became ill due to stomach aches. Now I use tea brewing 2 – 3 g with boiling water and black tea. Incredible pain relief (Maeng Da works best)! I now follow a rotation regimen with</p>	2020/02/17 at 10:06 am	#opioids #pain #withdrawal

	different strains to prevent tolerance problems. THIS STUFF KILLS PAIN as well as opiate withdrawal!		
J	Where I live they prescribe subutex to pregnant women, and people who claim the naloxone in suboxone makes them sick or whatever. Had I have had subutex ingested of suboxone, I probably wouldnt have turned to kratom. But that's neither here nor there now. The naloxone doesnt prevent abuse anyways. I use to shoot up my sub strips daily, I was never thrown into precipitated withdraws. But anyways I'm on kratom now and feeling pretty decent so far. My intention to to stop using this in another week, making it 2 weeks in total of using it to kick subs.	2020/02/18 at 12:34 am	#addiction #opioids #withdrawal
TravisBrownin g	I've been taking kratom for over a year I recently bought some unicorn kratom maeng da this stuff is the best I have tried yet I'm a 11 year opoid user for my back but I've been able to stop the pain killers with kratom especially the maeng da high energy and works great for pain relief I feel so much better now that I'm off the dam pain pills wish I would have found kratom years ago	2020/02/26 at 2:05 am	#energy #opioids #pain
Michael Guilliams	I was taking 10 Vicodin a day, for over 2 years, due to a back surgery that didn't work. A friend gave me a dose of kratom, to stop me from slowly killing myself. Since that first dose, I haven't taken, ANY prescription pain meds. I worked, as a head prepare cook, for 2 weeks, with FRACTURED RIBS, and I didn't even know they were fractured, because they didn't hurt, until I had to go without for a day, due to a late delivery. Personally, the strain that I feel works the best, is Red Sumatra. Red strains work best for pain and relaxation, White strains work best for energy and focus, and Green strains work in between. So, you will have to try some, til you find a strain that works for you. Red Bali and Red Borneo, have both been recommended to me, and did ease the pain, but, Red Sumatra, relieves my pain completely. So, thats been my experience. As far as dosage goes, you want to start with a low dosage. 2-4 grams and see how you feel after 20 or 30 minutes, and if you need more relief, redose 1 gram and wait, 20 or 30 minutes again, continue this process til you find the right dose for you. You should also know, that some people have a negative reaction, when they start dosing. My mother got nauseous when she first started. But, her body adjusted,	2020/03/01 at 2:09 pm	#opioids #pain

	and it went away. Also, low doses, regardless of the color of strain, have a stimulating effect, while higher dosages, produce a more relaxing effect.		
David	Kratom is a leaf that has changed my life for good. One of the things things that I am still not used too is the awful dirt taste of kratom.	2020/03/02 at 12:47 am	
Shawn	I had 8 surgeries for my legs ..had skin grafts the whole 9 yards..I was on oxy ir 90 mg every 6 hrs around the clock..it was hell coming off I'm not an expert but I do know that kratom has helped a great deal in getting back to life	2020/03/03 at 10:41 pm	#opioids #pain #withdrawal
steve shay	I am a former Chicagoan living in Seattle. I take kratom to quiet the chronic ringing in my ears from tinnitus. Nothing else works. I've been using it for a year with no negative side effects. It is a cruel joke for politicians to ignore mountains of evidence by veterans with PTSD, sufferers of panic attacks, and those like me who got my life back thanks to kratom.	2020/03/06 at 1:01 am	#pain
Earl	<p>I've been taking kratom for years now, I decided to give kratom a go after shooting heroin for years and speedballing with crack too. I was most definitely abusing it, I liked the euphoria.</p> <p>Kratom has been enough for me to never want to destroy my body or my mind with serious drugs like that anymore. Yes, I've also grown and learned a lot since I was abusing drugs but at least now I have something that is cheaper and less harmful on my body.</p> <p>I wouldn't recommend for anyone in their right mind to take the doses that I take, but 15g of red kali in a few ounces of apple juice did me really good</p>	2020/03/09 at 4:59 pm	#addiction #opioids
Dylan Anzaldua	Kratom got me off hard opiates. You just have to take enough.	2020/03/11 at 12:14 am	#opioids

Emily Lane	I have used kratom for several years for severe carpal tunnel syndrome. It's the ONLY reason I can work every day and support my children. If I were to take the amount of ibuprofen or Tylenol needed to combat the pain, I would be in liver and/or kidney failure by now. And I'm a recovering drug addict for 8 years so anything stronger is out of the question.	2020/03/12 at 11:36 pm	#addiction #pain
Scott	Hey, I was using suboxone for 12 years and used red Bali kratom to come off last March. Red is definitely the best strain for opiate similarities. I could only find green one day and the insomnia was horrendous. The suboxone withdrawal lasted so long, I used high doses of kratom for few months then tapered off the kratom.	2020/03/14 at 9:47 pm	#opioids #sleep #withdrawal
James B Moran	After years of pain that was the result of metatarsal amputation of half my foot I found Kratom. Experimenting for about a year on different types ;strains, and forms, I have come down to the following conclusions. Maeng Da is by FAR the absolute best for chronic pain In powder form. Pill form gave me big problems with digesting. The effects are better than Oxy and Vicodin, as you can continue to work and keep it together. Pain literally disappears. Yes It does give you a high but not quite as intense as pain killers do which gives you the ability to work. Eyes do in fact dilate. Told my boss I'm on antidepressants. Worked like a charm.	2020/03/16 at 12:48 pm	#opioids #pain
Michael	Kicking subs after 10 years with Kratom now. Mind is blown, never thought something could mask wds like this. My only problem is sleep, caused by crazy RLS. Work days, my days off, hanging out with my girl, are all smooth – nothing like the torture of full blown wds. Red Bali works great, had white maeng da which was great during the day. Smaller doses of red maeng da help alot too for mood and energy throughout the day. Taking melatonin, and Trazadone as well. I've wanted to be off Sub for so long, finding this is essential. Extremely grateful. Thank you to all who spoke out, these stories are huge inspiration.	2020/03/17 at 8:48 pm	#energy #mood #opioids #sleep
Jack	I was primarily a heroin user for 15 years, getting up to a 6 gram a day appetite. I quit and found myself experiencing with kratom to curb withdrawal symptoms. To keep it	2020/03/20 at 8:30 am	#opioids #withdrawal

	<p>short and sweet, the closest thing was a hybrid blend of mostly green, mixed with a small amount of red. It was a higher potency concentrate in capsules, and I took around 10-15 grams per dose, 3 times a day. Also important to note that I'm a 200lb 6 foot tall male for dosing purposes. May need to up the dose if you're significantly bigger, or lower if you're smaller...Nothing like a heroin high, nothing is. But dose help quite a bit with the worst of the symptoms</p>		
Bob	<p>I had a HUGE opiate tolerance and 4-10grams every 3-4 hours will reduce symptoms a lot. You still may get sweats and fatigue but you can function. Id reccomend anything for anxiety ir sleep to add next few days. Ibuprofin to reduce inflammation. Bali and borneo red strains work for me.</p>	2020/03/21 at 1:20 am	#anxiety #fatigue #opioids #sleep
Matt	<p>To be honest no kratom on the planet is going to make dope withdrawal "significantly" better but if they help you get a few hours of sleep and shut your legs down then thats something rite? The main problem i had when trying to use kratom to kick is stomaching the shit. If you can get past that issue it will be some help. Kratom didn't help me until i was 4 months clean and had urges then i was in a position to use kratom responsibly</p>	2020/03/22 at 12:06 pm	#opioids #withdrawal #sleep
Brooklyn (2 comments)	<p>Red Bali got me completely off opiates. I also like the white maeng da mixed with it and juat placed an order to try Green malay. Reds are best to start with for withdrawals IMO. Good luck!! Sidenote, I make my own capsules and use about 8-9 every 4 hours during acute withdrawal or tablespoon or so in OJ of powder. After that, I taper off a bit and just use it when I feel restless or having trouble sleeping.</p>	2020/03/22 at 10:42 pm	#opioids #withdrawal #sleep
	<p>I take 8 capsules or a tablespoon of powder mixed with OJ. Powder is wayyy cheaper and of mixed well, you get used to it. Held my nose first few days. Make sure to take either form on an empty stomach. Red bali and white maeng da have helped me the most. The second I feel rwstless or my dose has worn off I start over, on day 6 with no opiates and have zero withdrawals using kratom!!</p>	2020/03/22 at 10:23 pm	#opioids #withdrawal

Richard	<p>I got off methadone and opiates a hand full of times with kratom. Took around 8 to 15 grams. Start with 5g wait 45 mins if u feel better you know the amount. I would take around 10g 3 times a day intill symptoms fade. Around 2 weeks and I was off kratom and dope.</p>	2020/03/25 at 2:52 pm	#opioids #withdrawal
Maine Coon Kitty	<p>My biggest issue is figuring out the right "dosage." I was on pain meds and now I'm not, trying to live with chronic spine pain from arthritis in my facet joint. Can't remain in bed throughout the night, etc. Was on 120MEPPs (60 hydrocodone, 60 ER Morphine) and today I'm on 30mg ER morphine and miserable as hell.</p> <p>Be warned: this stuff DOES, absolutely, show up in urine tests if your pain management center asks for it in testing. And it's not 1-5 days, like some sites say—I know for a fact, it's at least 3 weeks.</p>	2020/03/26 at 2:53 pm	#opioids #pain
Ryan	<p>I wasn't a believer on kratom until I was on a month long vacation in Hawaii. I was on Suboxone for six months before my vacation and didn't go see my doctor or refill my script for the month that I was going to be in Hawaii because I was over all the bullshit and amount of money I was spending for the treatment. I was fine for the first couple of days in Hawaii but by the third day the withdrawal started hitting me big time. I was sweating and had the chills, sneezing, yawning uncontrollably. The worst thing was the restless legs. I couldn't fall asleep because it felt like my bones or the skin on my legs wanted to crawl off. It was the most uncomfortable feeling I've ever had. I talk to my brother and was trying to figure out something so I didn't have to cancel my vacation and go back home feeling like shit. I went to a local head shop and got some Red Bail kratom. I took 3 g and laid back down at my rental condo. About a half an hour later my body was flushed with an overall sense of Well being. It's like I close my eyes and felt 1000 times better. If You're on Suboxone or Subutex and want to get off I recommend not taking it for two days where you just start to feel some withdrawal effects. When you start noticing the slightest withdrawal affect start taking some crate him but at low doses. People tend to think that they need to take a bunch and that the more they take the better the effects will be. This is not true as we all know the lower the dose is the more euphoric and energetic. Larger doses will be more sedating. Kratom does work....Believe in it and trust in it and don't abuse it.</p>	2020/04/04 at 5:06 pm	#opioids #withdrawal

Lauren	<p>I love kratom! I am in recovery as well, was a train wreck, alcohol and cocaine mostly, but when that stopped working i switched to iv heroin/coke. I overdosed 3 times nearly died. I haven't had a drink or an illicit drug in 3 years and 3 months. I started using kratom about 1 year into sobriety, i really struggled with "using" and whether i could say i was still sober but it's saved me. I use white maeng da or Bali. I overuse all substances, have a crazy metabolism, i take 5-10 grams not every day, usually at night. I am not worried bout what people say about me not being sober, i haven't been to the hospital, in an ambulance or jumped out of any windows (broke my leg trying to sneak to the liquor store) in 3 years, don't have any desire to drink or do street drugs again, and that's a miracle. I'm very grateful.</p>	2020/04/16 at 1:30 am	#addiction #alcoholism
Justin C	<p>I was on methadone for 2 years at 120mg and kratom did absolutely nothing. Last year I was hit by a car walking on the side walk(hit and run) and now I have severe chronic back pain. I was bed ridden because of the pain, I couldn't do anything and nothing I tried even put a dent in the pain. It had been a year and a half since I quit methadone cold turkey(withdrawal for 3 months straight, didn't feel right for 10 months) and I decided to try Kratom again, and it gave me my life back. It was like a miracle, I not only could get out of bed but it reduced my pain from a 8 to a 2!!! It actually worked better than Percocet and other prescription meds I was given by friends who couldn't bear to see me in so much pain. Now I am working again and my life is on the up and up. Ive been taking the kratom daily 2-3 times a day for year. My pain has been getting worse and evolving into nerve problems(sciatica numbness and tingling sensations in my hands and feet, shooting pains instead of just aching pains) and the dose I take is the maximum effective so if take take more it doesn't reduce the pain any more but i experience more side effects, so I am pretty sure I need to get surgery desperately before there is permanently nerve damage. My pain is so intense that if I don't take my Kratom it's not the withdrawal that concerns me, it's my pain which is so much worse than withdrawal... I would have literally killed myself due to pain if not for kratom, so if you are on prescription opioids and they don't help with your pain anymore I would strongly recommend quitting for at least a couple months and giving kratom a try it's definitely worth enduring the hell of withdrawal and toughing out your pain for a while, it worked 100 times better for pain then anything I've tried before and the "high" is very gentle and less addictive compared to the hard stuff. I started at 15 capsules per dose of red vein which is a lot for a beginner</p>	2020/04/21 at 9:57 pm	#opioids #pain #withdrawal

Jessica Hanna	I have serious back problems from driving a forklift for 20 years and have tried just about everything under the sun just to get some kind of relief through the years,I was told about Kratom so went to a vape store and chose Bali after doing my homework of course but it has been a god send for me,I will never take another pain killer again!!!! highly recommend for anyone as a alternative to pain killers.	2020/04/26 at 11:23 am	#opioids #pain
Nina	I can have high energy with Thai(s), but really only the Ruby Red Thai I drink causes me to think creatively, solve dilemmas, and, my favorite reaction, very much inspire me. In short, I feel like I get new, unique ideas to have a better quality of life as a whole, & to me, I would label that stimulation.	2020/04/25 at 6:43 pm	#energy #mood
Butchle	Kratom cured my erectile dysfunction	2020/04/26 at 12:57 pm	
Jeremy	I spent 8 years as an opioid addict and with the help of kratom I have been free of the pills for over 2 years now. When I say I was an addict I mean it in the very literal sense of the word. I managed to loose my job, anything I owned that was worth any monetary value, most of my friends and most importantly I almost lost my family. I heaped massive amounts of debt upon our family borrowing money, refinancing our property, pawning our possessions, using pay day loans all the way down to out right theft to aquire money to pay for my opioid habit. I tried many times to quit and I never had the will power. I had become so dependent on pills that I could not find any joy in anything without them. Then I discovered kratom. Using various strains from maeng da to Bali as a supplement to offset the chemical damage done to my brain and body I beat opioid addiction. I was fortunate to have the help of my wife and kids as well as counseling but without kratom I know in my heart I would not be alive to write this. I am sharing this in hopes that someone else out there may be struggling with the same problem and they by chance read this and know that there is hope. Maeng da is the best strain I have found to counteract the effects of withdrawal. Once the worse of the withdrawal was over I switched to Bali as a way to keep myself leveled off. Bali worked well in keeping my cravings away once I was over the withdrawal. Now I rarely use kratom at all. When I do use it I am using it as a true medicine instead of a life preserver. I take it when my back aches. I take it when my arthritis flairs up. I take it as	2020/05/01 at 12:53 am	#addiction #opioids #pain #withdrawal

	needed now and it is a glorious feeling. Take heart and know that you are stronger than your fears or your addiction.		
Jessica	I was on methadone for 6 years and it was a very high dose. I decreased for awhile then stopped and took kratom. Helped soo much.	2020/05/02 at 11:27 am	#opioids
Ellan D	My sister gave me a shot of Borneo Keratom. Powdered, tea style. I did not expect to wake up and find my chronic lower back pain gone in the morning.	2020/05/07 at 5:32 pm	#pain
Mandi	I do not have physical pain but am a single mother who struggles chronic depression and this has been an answer to my prayers! It is nothing like being drunk. It is not debilitating nor does it make you hallucinate. I would describe it as it just brings out the best in you and all the positivity! I have battled suicidal thoughts and depression since I was 8 years old and as a 33 year old this is the first time in my life that I understand happiness and joy. My best friend has chronic back pain and she is the one who introduced me.	2020/05/08 at 11:48 pm	#depression #pain
Jill	Hi so I'm a heroin addict who had 2 months clean. I just relapsed and went on a 10 day bender maybe using about a 1/2 a gram a day. I knew withdrawal was on its way I've detoxed myself 3 times before at home and one in detox center. I'm on day 4 and my symptoms are peaking, usually I'd be on the toilet right now or holding back vomit, aching all over and incapable of sleep, someone in detox said if I was ever withdrawing again to try kratom and I'm so glad he did. I went to a local dispensary thank god they're doing curbside pick-up and I purchased 2oz of Bali kratom it's working wonderfully. I wouldn't go as far as saying I'm 100 percent comfortable but it's diminished my withdrawal symptoms by like 80 percent. Now I'm reading a bunch of ppl saying well it doesn't get you high like opiates and thank god for that I wouldn't try to get high off of it. What it does is soothes those aching muscles, headaches stomach cramps and nausea to help you get off dope. I started my first dose before my withdrawal symptoms set in because the powder taste awful(cause it's cheaper than capsules) and can make you feel nauseous. I've been taking one tablespoon full in orange juice in the morning around 8am then I take a second tablespoon with orange	2020/05/09 at 11:17 am	#addition #opioids #sleep #withdrawal

	<p>around 1pm another around 5pm and a tablespoon before bed. I have been able to eat, sleep and function to some level. I can't believe how mild my withdrawal symptoms are, basically my biggest complaint would be sweating and mild body aches. The kratom does give you a sense of well-being compared to normal withdrawals but it also makes you very sleepy which is fine with me your body needs the rest, in a couple of days I'm going to start stepping my kratom dosage down. I haven't used kratom completely alone though I bought a half gallon of Gatorade, Dramamine Nausea, Benadryl, probiotics and melatonin. I've been making sure to take the nausea meds right before I take the kratom. With all these things combined I'll be back to sobriety in no time. I was really skeptical about kratom but I made sure I found a brand known for purity. I never thought I'd be writing a review on kratom at the peak of withdrawal it's truly a godsend. It gives you the will power to quite because you don't have to suffer the pain. I'm not sure how dosing will go to who ever reads this but I'm a 5'6 35 year old female 150 pounds and the dosage above has done really well for me.</p>		
Gin	<p>I took Naltrexone for a year hoping it would help my back pain. I was told to get off kratom to even start that since they would be fighting one another. The Naltrexone did not help me at all, HOWEVER, the compounding pharmacist told me later that he found that they can be taken together.</p>	2020/05/09 at 11:26 am	#pain
Mary Parker	<p>Hi I have Severe fibromyalgia pain. I stopped narcotics for it and have been on Kratom about a year it's the only thing that has helped my pain. I take anywhere from 15 to 25 gr a day. If I'm addicted to this I don't care. If it's not Kratom I would be addicted to narcotics. I cannot take the daily pain without it .</p>	2020/05/10 at 8:29 am	#opioids #pain
Nina	<p>i also overuse and abuse everything and anything. Kratos has literally saved my life. I 100% agree with you that Kratom(a natural herb) is waaay better than any kind of narcotic!!! Glad to hear you are doing well and feeling good! Stay with it!</p>	2020/05/18 at 1:40 pm	#addiction #opioids

Shannon	Work found marijuana in a drug test and I was sent to rehab, I had to get off of clonazepam too after close to 25 years. It's hard!! I usually slowly simmer the powder in water for about 3 hours.	2020/05/19 at 5:32 pm	#addiction
john	32 yr old clean 6 weeks of pills/dope...i been doing the kratom thing for about 3 weeks of it.... it does make me feel arlite... i couldnt beleive how long i felt so shitty for	2020/05/20 at 5:41 am	#addiction #opioids
Joe	you can get off of suboxone after very long term use,i am living proof.I was prescribed 14 mg daily for 10 years after 3 years of hydrocodone use for neck problems.Kratom does indeed make it easier to get off subs but at some point you do have to stop taking that also and i can tell you that sub.withdrawal for me was much worse and way longer than opiate withdrawal.Once withdrawal is over you can go back to kratom.No matter how much kratom you take even for extended periods the withdrawal is very mild and lasts no longer than three days.I have been totally clean of opiates since 2012 and go on and off kratom as needed	2020/05/20 at 11:03 am	#opioids #withdrawal
Zachary Johnson	I used kratom for opiate withdrawal and I found that it alleviated 90 percent of symptoms. The worst part of kicking heroin for me has always been the night time symptoms. For context, I have been a heroin addict for 36 years. I have kicked dope more times than I care to count. In the past 15 years, the only way I would be able to kick is in jail. I only included that last bit so that those who doubt my story might accept it's authenticity based on their own experience. At least my experience with kratom might help anyone struggling with addiction. If you are and hesitate to quit because of the withdrawal, I highly encourage you to explore kratom. With it i have been able break a 36 year addiction with no rehab or 12 step programs.	2020/05/20 at 7:11 pm	#addiction #opioids #withdrawal
Jill	Zippy I'm completely off Kratom and dope now. I only stepped the Kratom dose down for about two days and quite. I had no withdrawals from the Kratom. Having gone threw this I've found about an ounce a day is needed. I also did my usual of sitting under a hot shower along with the Kratom I also used ibuprofen to help with the aches	2020/05/23 at 2:18 pm	#opioids #pain #withdrawal

	but that's about it. If you can try to rest and watch something funny or uplifting... Stay hydrated too.		
Rb	I've used Kratom to get off of hard opiates, H, etc and it is a lifesaver. I recently relapsed after a year and a half clean and went on a 10 day mini bender. I'm terrified of going back and the Kratom has been working.	2020/05/23 at 2:30 pm	#addiction #opioids
elaine	I had been on fentanyl and IR .morphine tabs for 3 years for metastatic cancer pain, because I had a good doctor. Well he died so Kratom has saved my life. I tapered off the narcotics then ordered Red Vein Indo. Wow. Amazing for pain, insomnia, muscle spasms and depression...I take a maintenance dose of 4 grams 2 times a day with a big glass of grapefruit. I can mow my 1 acre lawn now with a self propelled mower. I can work out again. I am 65 years old, so this is a huge miracle for me.	2020/05/31 at 7:50 am	#addiction #depression #opioids #pain
Ricky Selleck	I took kratom for a year not only did it stop my withdrawal it got me clean and sober. No negative. Side effects coming off it either when i stopped. It does work	2020/05/31 at 7:54 am	#addiction #withdrawal
John	I'm 49 yrs old, an addict, and I've been clean about 10 yrs. I had moved through all the opiates and eventually settled on Methadone. I had an endless opiate supply, since I wrote my own prescriptions (starting in 1999), and at the end (in 2009) I was taking 800-1000 mg of methadone daily – just to stay “normal”. Of course, this led to 8 1/2 yrs in prison and having to detox cold turkey. Methadone withdrawal is something that can't really be understood unless you've experienced it. Unfortunately, I also suffer from sciatica, and started using Kratom a few months ago during an extra painful episode where I couldn't even walk. It has worked wonders. It's worked even better than traditional opiate pain relief and without the extreme high that I craved so much. Honestly though, I have experienced some of the side-effects similar to opiate use but not exactly the same. Much weaker as well. This scares me a little and I'll have to be cautious, but the benefits are obvious – especially with opiate withdrawal. Having said all this, had Kratom been around 15 yrs ago it may have saved me nearly a decade of my life in prison, another decade where I tried at least 15 times to quit opiates and failed, unbelievable pain my daughter and family had to go through watching me on	2020/06/01 at 10:46 am	#addiction #opioids #pain #withdrawal

	the news, watching me go to prison, and then having to live without me for so long – the list goes on. My only fear, and it is inevitable, is that Kratom will soon be made illegal.		
Pastor Charlene	GRAMMA here, four spinal surgeries, severe pain without a break....wheelchair bound....been using green Malay but no change in pain....great for withdrawal	2020/06/01 at 12:30 pm	#pain #withdrawal
Rebecca	<p>I am a CT tech and after a surgery found myself addicted to pain pills. Next thing I knew my best friend was a drug dealer I knew from way back when and I'd spent all my inheritance on pills just not to feel shitty every day. I was snorting 24s of hydromorphone (Canada) and couldn't ever feel high. I quit Almost too easily on Kratom that I took it for granted and relapsed twice. The second time I couldn't stomach it anymore. Even in capsules- immediately throwing up. So now I'm on suboxone and have been for a year, tapering every month and will be done by the end of the year. Telling my doctor who I work with was horrible- I can't even imagine being in your position. But Its relieving to hear of other medical professionals get in the same boat, don't feel like such a moron. I have to remind myself every day how much I hated my life on drugs and I pray I don't ever relapse again. The thought of ever having to have surgery again terrifies me thinking about the possibility of needing to take pain meds.</p> <p>Anyway, When I could take it, kratom literally took 90% of my withdrawal away, the worst is cold sweats for me, and it's absolutely debilitating. I was able to function almost normally except a few times my vision would get wonky. I did have to taper the kratom though because I am pretty sure it was almost a substitute for the drugs. Definitely easier to taper though.</p>	2020/06/02 at 8:36 pm	#addiction #opioids #withdrawal
Jennifer	I did the red Maeng Da powder to get through withdrawals which were kicking my butt from opiates, absolute worst and know that it will get better! Anyway, I survived only because of the Kratom powder which I mixed with a small cup of hot water to dissolve and then added in orange juice to take some edge off but still had to chase with juice after each gulp. The powder in water/juice on an empty stomach – you will start getting relief from nausea and anxiety in 10-15 minutes tops. I would just talk to myself and	2020/06/04 at 6:27 pm	#opioids #withdrawal

	<p>count through the yucky feeling while gulping it down and usually felt better even before finishing. The pills are ok but take a little longer to kick in, at least for me. I started with 2 heaping teaspoons of powder and then would take another dose if still felt bad. It's doesn't completely eliminate your symptoms, it makes them tolerable to persevere until you are through the rough patch and function (though you could also be luckier than me)...some discomfort doesn't mean it's not worth it to keep moving forward – worst days for me are days 5-7. Opiate withdrawals are so hard and know you're not alone. What's worse with opiates, even the meds they give you to get clean also cause withdrawal when you stop them so really isn't a magic cure but the Kratom was definitely a lifesaver for me this time around!</p>		
James	<p>.I have been addicted to opiates for 30 yrs.Methadone 150 mgs a day for ten yrs then subxone for one.Wanted to get off all meds and while going through severe withdrawl decided to give it a try.Bought an ounce (still legal in texas)and took about a third of it.Well within 45 minutes to an hour it was like a miracle.Runny nose gone,depression gone,sense of doom gone,bones aching gone.It even got me out of bed and I ate.If it is addictive Id much rather be on this than methadone.Way fewer side effects.And it takes my anxiety away !</p>	2020/06/06 at 2:25 pm	<p>#addiction #anxiety #depression #opioids #withdrawal</p>
Angela Miller	<p>I usually stir 8-9 grams of white Maeng da in with a 1/2 cup of 100% grapefruit juice (another potentiator), then also mix roughly 1 tablespoon of tumeric in it as well, then chug. It's disgusting, but gets the job done and is so much more bearable if you chase it with chocolate milk. I know that doesn't sound good, but the chocolate milk really does wonders to help with the taste. Other times, I will make my own capsules (I bought a capsule making machine through amazon) then take usually 18 capsules (9 grams) a day of the white Maeng da. It has worked miracles to help me with withdrawal from pain pills (I was prescribed OxyContin for my endometriosis pain when I was around 18, then got addicted, and took Vicodin or Percocet for the next 15 years, just for the euphoria and relief from my crippling depression and anxiety), so I don't even take kratom for actual pain relief, I mostly just take it for my depression, anxiety, fatigue, and withdrawal. But after so long of taking it, even my high dose doesn't produce any effects, anymore. Just nausea. Which is why I'm looking for more ways to potentiate my dose, and hopefully bring my tolerance back down.</p>	2020/06/06 at 10:25 pm	<p>#addiction #anxiety #depression #fatigue #opioids #withdrawal</p>

Ned	<p>So here is the rub I was severely injured on the job as a LEO I had five lower back surgeries a thoracic surgery and a cervical surgery I was taking up to three hydros a day I decided that I just needed to stop with any prescriptions for pain I told my spine surgeon that I wanted to stop and he recommended a all natural pharmacy the pharmacist gave me Green Maeng Da in capsules that was three years ago I had no withdrawals at all from the five years of taking prescription pain killers every day so I order the powder form I take a 1 gram every morning (I put it in hot coffee) it works really fast!!! I might take 1 more gram scoop at bedtime that's it I rotate the Green Maeng Da and Red Bali green one month Red the next I never mix them. The Maeng Da saved and changed my life I feel better and work out do martial arts again considering much of my spine is implanted metal now and I do not crave anything if I start hurting for any reason I take Tylenol or lbp and it does the trick</p>	2020/06/11 at 1:27 pm	#pain #opioids
Tish	<p>I have used Kratom to help combat horrible opoid withdrawal and can testify to the ease and comfort it does provide. I feel deep inside potential success. Besides, it really helps and gave me a better feeling overall.</p>	2020/06/11 at 9:19 pm	#mood #opioids #withdrawal
Dan	<p>Some might find this funny but kratom saved me from alcohol withdrawals. I was an alcoholic for 16 years. I have no argues to drink or want a drink. Also Bone spurs in my back my back is always stiff and painful I use Red Kratom for pain and white for energy.</p>	2020/06/17 at 6:12 pm	#alcoholism #energy #pain #withdrawal
Taihaa (2 comments)	<p>kratom has saved my life..I don't think I'd be opiate or cocaine free without it. I have my life back and I don't have to hide kratom or feel like a junkie when I go to buy it.. Nothing illegal is being done and I don't feel ashamed. We do recover ❤️</p>	2020/06/17 at 6:52 pm	#addiction #opioids
	<p>I was on opiates 20yrs also along with anything else. I detoxed in a detox for a week.. Did vivitrol for a month and now since December (it's June) I've only taken kratom..6 at a time 2 to 3 times a day...I'm telling u it has saved my life!</p>	2020/06/17 at 7:04 pm	#addiction #opioids

Morgan (3 comments)	For pain relief I am a fan of Bali. It's good to use at night also for relaxing.	2020/06/18 at 10:30 pm	#pain
	I replaced adderall and use the white maeng da. I'm a surgical nurse and it keeps me very focused and gives me a little energy from going off the adderall. I thought I'd be stuck on adderall forever. I only took it when I worked but it was still annoying. It's been a godsend for me.	2020/06/18 at 10:33 pm	#energy
	I'm in recovery myself for alcohol. Red strains will help with the withdrawals the most	2020/06/18 at 10:39 pm	#alcoholism
Dan	I have been using kratom daily for about a year now for pain. I have tendonitis in my left shoulder and chronic low back pain that the doc can't figure out. I take 3 teaspoons of red vein every morning before work and it helps tremendously. Only complaint I have is it makes me itchy but so did the prescription I was on.	2020/06/19 at 9:34 pm	#pain
Shanda	I took Kratom a few years ago to get off oxytocin. The withdrawals was what kept me on them. Kratom worked for me. Haven't taken any kratom for a couple years but thinking of doing it again for a short time due to depression from working at home and being isolated. When I stopped the kratom I had no withdrawals. Only a little tired for a day but could still go to work. No sweats or pain. No laying in bed for days or weeks. Its a hard habit to break.	2020/06/20 at 1:20 pm	#depression #fatigue #opioids #withdrawal
Heather Houston	I've taken Kratom since 2015. I used it to come off of 70 mg of methadone. I was at 105 and tapered til I got to 70 and said bump this! So I did tons of research and took the plunge! I swear the only thing I noticed was minor sweats and chills. MINOR! I take Xanax so that did help I'm sure but I also stayed busy. Even if it was just watching TV. It took my mind off the psychological withdrawal, which is a LOT of it!	2020/06/21 at 9:51 am	#addiction #opioids #withdrawal

Jeffery	<p>I'm 49 and have done every drug imaginable. By far stimulating drugs pleased me the most. Especially pain pills vicodin lortab ect. 40 750mg a day no joke. For about 2 years straight surprised I'm not dead. First of all subuxone saved me originally and then became a problem of it's own. Yes the withdrawal from subuxone was terrible horrible actually. But nothing compared to withdrawal from 40 vics a day. Anyways kratom has helped me off of everything. Red veins worked great for pain and stimulating white manga worked even better for that Red Bali was to relaxing for me and made me very sleepy. No thanks. Lol. But powder works better than capsules also.a tablespoon every 4-6 hours will give yall exactly what ur looking for. Be honest. Wink wink. Yes you do get buzzed. But hey it's legal and natural.</p>	2020/06/30 at 11:04 am	#addiction #opioids #pain
Scotty Blaine	<p>I'm in my second year of researching Keaton. I have lost over 100 lbs. And have not had a cigarette in just under 2 years.</p> <p>I am a toss and wash type. It works with my lifestyle and ADHD. That said...I recently steeped a new strain with a green tea bag, fresh lemon and local raw honey.</p> <p>Whoa. I felt like I did the first few months I got acclimated with kratom. Almost too much at first. Was it the tea? Was it this new strain? Wa it the quality of the product from my newest vendor? (And it is quality!)</p>	2020/07/01 at 10:04 am	#mood
Misty	<p>I have recently purchased Red Bali and decided to mix powdered Red Bali with the capsule Maeng Da but don't know what ratio to go with. I have a high tolerance for anything I've ever been prescribed after about eight years of brining prescribed percocet (and other things but other drugs but I want off the percocet the most. I tend to take less than prescribed but still have to take it and have been through the hell of light withdrawal, they couldn't get the pills to me for an entire day after I would run out. I didn't want to start taking it all those years ago I'm on 10's, my pain management specialist told me "pain is barbaric" I replied with "pain is human" a long speech later and I gave into getting the pills. Mostly in hope's that it'd help my SSI, since apparently the surgery and issues wasn't enough for them. I've been fighting to win for over a decade, at first they thought I was surely too young to be in enough pain. A couple years later I won my case within three minutes of speaking to the judge. Then they took it back three months after, stating they failed to record it; I recieved a new date</p>	2020/07/02 at 2:49 am	#opioids #pain

	and they gave me a different judge who gave new a different verdict. When the last prior good judge just read my file, which was smaller but she thought that me having 15 screws and two rods in my spine, with chronic pain was a good enough reason; especially since there were screws coming loose and digging into my back muscles. You could even feel the screws		
LeeAnne Williams	I was on oxycodones for 13 years and I was introduced to Kratom by accident. After the research stage, I went off of the oxycodone 10's and haven't had 1 day of withdrawals. I make my own capsules using size 00 which hold .5g each. I will take 2 in the morning and most times that's it, maybe another 1 or 2 during the day depending upon the pain level. The fact that I have no withdrawals from the oxys after 13 yrs is a wonderful experience. I will never take another. I mix Red and White evenly.	2020/07/03 at 6:25 am	#addiction #opioids #pain #withdrawal
Cameron E	Been sober for 6 years now. Built a family had our son, got a career, and bought a nice house in those 6 years of being sober!!! :))) Before finding Kratom I tried everything to help fight the opiate demon. I was homeless 6 years ago due to addiction. Then one day I stumbled across this wonderful Plant Mother Earth made to help Us humans ;D My experience with opiate addiction and The process of the withdrawal/detoxing of your body is a horrible deathly sickening dangerous experience to go through. That's why people get stuck in a opiate addiction cycle due mainly to the sicknesses withdrawals cause. Definitely was one of the most difficult battles in my life for me, Physically, mentally, emotionally, and personal/social/family impacting. Kratom was a god send to help battle my 10 year addiction. Kept my mind, body, and wellbeing together during the process. I wish addiction clinics or even rehabilitation centers would use this to control the horrible deathlike withdrawals opiates induce.	2020/07/03 at 11:07 pm	#addiction #opioids #withdrawal
Caira	honestly Kratom has saved my life. I couldn't imagine not being able to get any when I need it & literally nothing else works to ease the pain	2020/07/05 at 3:41 pm	#pain
Jay	Tramadol was the WORST. I was prescribed it for a neck Injury and got to the point to where I was having to take it for years. Doctor told me it was a "new" (at the time) non	2020/07/06 at 1:11 pm	#addiction #opioids #pain #withdrawal

	addictive pain med. but the addiction was worse than anything I have ever experienced. Withdrawals were brutal. Kratom works to help but it can be a bit addicting as well. Trying to find the right combo and strain. Been taking Maeng Da mostly but trying to experiment.		
Dug Hansen	in my experience it does make it a natural deterrent to even consider overdosing. One effect I have experienced, and not seen reported is 'jumpy vision' which occurs when I have taken too much. This helps me personally find the right amount to be beneficial. Once again, I cannot speak for anyone else, but it has been very beneficial for me not in eradicating it, but in "leveling off" the pain so I can function normally.	2020/07/09 at 10:10 pm	#pain
Brad	Maeng da Kratom was a lifesaver for me .I was taking 1000mg. of Ibuprofen or Acetaminophen every morning just to get out of bed . I have a knee injury from a bike accident and lower back pain like fire !! My stomach and colon could not take it anymore. I was developing gastritis . So one day I searched for herbal pain relief on the internet and found Kratom. I now have Medicaid and could get opioid pain relief but the Kratom works so good I don't feel the need.	2020/07/13 at 9:20 am	#pain
Angie S.	Ive been taking green maylay for pain and anxiety. It has worked great. I take about 4 to 5 grams. Ive been on opioids since 2016. I find that the green maylay us working better than the opioids.	2020/07/17 at 9:24 pm	#anxiety #opioids #pain
Nic	I have had surgery on my spine and foot with a lot of pain staying constant 4 years after my surgeries. This helps them like I'm 20 again. No pain and no stiffness... I take 9gs 3 times a day.	2020/07/18 at 11:49 am	#pain
Darin	best dose for me 4 or 5 grams. I'm 6'3" 275 lbs. I have severe diabetic neuropathy and spinal fusion surgery. I think body fat/weight has a lot to do with dosage. I take 3 gs in the morning for energy and 5 gs at night for pain and anxiety.	2020/07/20 at 6:21 pm	#anxiety #pain

Marc	<p>Hi there I was on 120 methadone my self I wanna just share my experience. I went off 120 mg cold turkey after 4 years now I already researched kratom amd I got red Bali amd green maemg dai from a very good source. I waited till about the 2nd morning and started the green at around 5 grams. At night I took the red at 7 grams</p> <p>And also I found to be important is what I call comfort meds. A sleeping med/maybe a benzo/possibly a stimulant for energy amd clonidine I can say for sure that half hour after my dose I was relieved from methadone and withdrawal 100 percent</p>	2020/07/21 at 5:41 pm	#addiction #energy #opioids #withdrawal
Kandrs	<p>capsules help me. For anxiety and mood. Also helps with soreness from being hit by a car. I suffered pill addiction after the wreck. No mkre. This stuff is a life saver. Also if you have an upset stomach this stuff helped take the nausea away.</p>	2020/07/25 at 12:13 am	#addiction #anxiety #mood #pain
Miranda	<p>If you're like me and have somewhat of a tolerance for opiates, you need to take more...I'll be honest, I take 25 of them at a time. The powder is better because I get the capsules stuck in my throat every single time I take them so the powder is easier. And makes me feel like less of a serious pill pooper. But it helps so much that I take that many and have yet to have any side affects.</p>	2020/07/25 at 9:37 pm	#addiction #opioids
Stephanie	<p>I have Fibromyalgia and Kratom has saved my life. I take reds for pain, and greens for pain and energy... Its helped me get off pain pills and get my life back.</p>	2020/07/27 at 11:33 am	#energy #opioids #pain
Adrienne	<p>I have been taking kratom for about 9 years. It got me off of opiates literally the same day I tried it and I never looked back. I've been using Green Malaysian and various White veins the entire time. Reds make me sleepy. I am slightly narcoleptic not to mention I have carpel tunnel in both wrists, rheumatoid arthritis and severe lower back pain.</p>	2020/07/28 at 8:56 am	#opioids #pain

Shawn	I'm a Male and need at least 8 grams a dose to be effective. But I do weigh 240 lbs. 10 grams gives me a nice mild euphoric buzz, kinda opioid like...I have found if 10g makes me feel good, 12 or 13 does not really do anything more, is a waste and shoots up tolerance, not to mention stomach issues and fuzzy, shaky symptoms. Take it slow, give at least 90 minutes after dosing. I was able to stop all opioid abuse of over a 20 years duration with kratom.	2020/08/01 at 3:11 pm	#addiction #opioids
Mike m.	I have addiction problems. But I take 2 500 capsules in the morning. I get a boost, my lower back is unstable. My back doesn't bother me as much. Never got high or a buzz off Kratom. Done a world of good.	2020/08/02 at 3:08 pm	#addiction #pain
Brenda Lenker	I have severe chronic pain after 2 total hip replacements and a left hip revision, plus a right shoulder replacement Bali helps me get through my job making the pain easier to deal with	2020/08/06 at 4:34 pm	#pain
Elissa Tucker	I used Kratom to come off of Suboxone. Worked wonderfully!	2020/08/06 at 6:26 pm	#opioids
Tom	I've been using kratom for over a year due to pain from a few surgeries...I put the kratom in hot water after it comes to a boil,I use a few tablespoons.	2020/08/07 at 4:39 am	#pain
Max	I have just used Red Bali to get off subs... I slept the entire night while detoxing! I cannot believe how amazing it helped. Granted I still had a lot of anxiety and other problems but Red Bali really helped. I'm trying red Malay later today. I started with 3-5grams 4 times a day and now am taking 2-3grams every 12 hours.	2020/08/08 at 3:16 pm	#addiction #anxiety #opioids #withdrawal

Jeff Allen	I take Kratom once a day, not for opioid withdrawal or chronic pain, I use Kratom for mood elevation and energy, I usually take it early in the day, I've tried many different strains, but prefer green or white vein Kratom, 4.5 gm	2020/08/09 at 10:10 am	#energy #mood
Chris	this is great for helping with withdrawals. I've been on norcos and percets for over 10 years. This takes away the worst part of WD . You may still have some but nothing severe and you will be able to function in the real world as normal.	2020/08/09 at 6:28 pm	#addiction #opioids #withdrawal
Christopher	<p>I WAS ON PAIN PILLS OF ALL KINDS FOR 17 YEARS, AND THEN PUT ON SUBOXONE ALMOST 2 YEARS, TO GET OFF, ONCE I WAS OFF PILLS THEY KEPT ME ON SUBOXONE FOR PAIN.</p> <p>I WENT COLD TURKEY ALMOST 2 YEARS AGO, WOUND UP IN ER AN ALL.</p> <p>NEXT MORNING MY DAUGHTER N HER MOM ASKED WHAT THEY COULD DO TO HELP, I SAID</p> <p>A FRIEND OF MINE JOE SSID KRATOM HELPS WITH WITHDRAWALS</p> <p>SO THEY GOT ME SOME. NOT EVEN SURE WHAT KIND</p> <p>ALL I KNOW IS I TOOK 1 DOSE AND IN 20 MINUTES HAD ALMOST ZERO WITHDRAWAL</p> <p>I HAVE NOT TOUCHED A PAIN PILL OR SUBOXONE SINCE DECEMBER 2018...</p> <p>KRATOM IS A LIFE SAVER TO ME, N IM A RECENT CANCER SURVIVOR AT 45 YEARS OLD</p> <p>EAT KRATOM, DRINK KRATOM, IT HELPS WITH PAIN, ATTITUDE, EVERYTHING</p> <p>I WILL TAKE KRATOM EVERYDAY TILL I DIE, SURE BESTS DOCTORS PRESCRIBED PAIN MEDS</p>	2020/08/11 at 11:27 am	#addiction #mood #opioids #pain #withdrawal

erik haus	<p>I've been on subs for 8 years and I started at 12mg and lowered myself with in the last 2 years from 12mg to .5 mg. And im telling u once you get down to half a mg a day. U will not be so worried about taking that leap of faith to zero. Its scary and not easy. And I've been using red vein Bali kratom for the last 2 months and it was alot easier then u think. The worst part for me was the first 2 days off of all suboxone. The Withdrawal is no where need at bad as you would think. Just a little pain and no sleep. For me the no sleep was the worst...But using kratom was super helpful and also a little weed never hurts for the restlessness.</p>	2020/08/11 at 10:42 pm	#addiction #opioids #sleep #withdrawal
Chuck	<p>Chronic pain, an absolute monster. I've been taking K on and off for the last two years, but daily for the past two months and I can't begin to tell anyone how much better I am. Low back pain from bulging, herniated disks reduced 50-60%. Energy levels increased. More restful sleep. I alternate strains to help maintain efficacy and find Red Vein Bali to be most effective for pain relief, 6-8 grams in the morning mixed with 6 ounces of orange juice. I understand the citric acid helps release the alkaloids. Must, bc the effects are immediate. White Maeng Da early afternoon for sustained energy. All strains are an effective, low grade depression treatment. This herb is truly miraculous.</p>	2020/08/12 at 7:19 pm	#energy #pain #sleep
Jorge	<p>I was on suboxone for 8 years and kratom was a lifesaver to get through the withdrawals. I had tried to quit multiple times but due to my job and constant work, the withdrawals just made it intolerable. I wish i would've known back then that suboxone is actually harder to quit with longer withdrawals than that of regular opiates...Kratom made it possible to finally quit for me. This stuff is an absolute game changer for withdrawals and it really ticks me off to see and hear how badly our government would like to outlaw it and keep people on suboxone. Im telling you right now that if you give this stuff a shot, you will have zero withdrawals from the suboxone. However, if you stay on the kratom for too long you can have withdrawals from it..but they are much quicker, like 3 days.</p>	2020/08/13 at 2:43 pm	#addiction #opioids #withdrawal
Josh S	<p>I experimented with several strains of Kratom when I decided to quit tramadol.</p>	2020/08/13 at 9:02 pm	#opioids #pain #withdrawal

	<p>They all helped relieve withdrawal. In fact, I had literally no withdrawal from tramadol when I switched to kratom.</p> <p>I generally take 4 grams three times a day.</p> <p>I take it for pain relief and for its mood boosting quality.</p> <p>Since I started Kratom a few months ago, I haven't had to take any prescription pain medication.</p>		
Helena Hanford	<p>I have had lower back pain and severe leg pain since a surgery caused nerve damage. I took norco and had to keep increasing it to get pain relief and of course they don't want you on it long. I searched the internet high and low and found some information on Kratom. I have had to experience with capsules and powder and many different strains and I still do to see which ones work the best for everything. I take medication for severe anxiety and depression. I know I sound like a total mess but Kratom has turned things around for me. It gives me amazing pain relief and sometimes you have to start at a higher dose if you are taking a lot of opiates (do not combine at same time) my friend used Kratom when her norco runs out prior to referral and it helps a lot. When I take capsules I have to take around 8-10 per dose which is a lot of capsules. I prefer the powder. It's cheaper and works faster. I take about 1 1/2 to 2 teaspoons per dose. I mix it in a small amount of any juice...I was having the feelings of withdrawal's every four hours with a Norco will wear off. I hated that feeling and I felt like I was a slave to the medicine. Kratom gives you a much smoother transition between doses. You gently feel when you may need some more... I feel like I can live my life without pain and without worrying about a prescription running out. I also can taper it down to barely any and then quite which I did before I got my nerve damage from a surgery.</p>	2020/08/14 at 7:58 am	#addiction #opioids #pain #withdrawal
Matt	<p>I was on opana then heroin and was about to lose it all when a friend told me about Kratom...I started on Red Bali, high doses, 10-12 grams per serving and it saved my life, my job, my home...I now take Red Maeng Da and alternate with Bali at lower doses and i have been clean 3 months now..</p>	2020/08/15 at 9:24 am	#addiction #opioids

John	<p>I take Kratom off and on for chronic pain. I mix it with Corydalis which helps nerve pain. That way I don't need to take as much Kratom. I find the Red Vein to be good for pain, though the Green Maeng Da sedates me more. Either works for me so I can sleep when the pain is bothering me. I don't take Kratom daily so that I don't become dependent. I was on high dose opioids for years. Methadone and dilaudid are both effective painkillers, but the withdrawals when I decided I didn't want to take them anymore was rather nasty, that's putting it mildly, it almost killed me. Cold turkey off methadone is supposed to be done gradually in a hospital I learned after the fact. Have had complications since, but it got better. The worst aftereffect is severe anxiety. It was during the withdrawals that I learned about Kratom, which I used to help ease withdrawals and did not become dependent on Kratom neither. I still have pain, but I tolerate it and find sufficient relief with over the counter meds, Corydalis and Kratom.</p>	2020/08/15 at 10:07 pm	#addiction #anxiety #opioids #pain #sleep #withdrawal
Shane	<p>Kratom has saved my life from the pain and misery that a car accident can bring. I love you kratom you are such a beautiful plant. I stopped drinking I stopped doing oxy I stopped doing subs plus I work full time in the past when I was doing all the other addictions I never had a job that I could hold down now I love my job I'm pretty much my pain scale is a 4 that just beautiful all from the plant named kratom thank you kratom</p>	2020/08/16 at 3:16 am	#addiction #alcoholism #opioids #pain
Christina D.	<p>I would like to know honestly how much people are taking a day. I am horribly addicted to Kratom and trying to wean myself off of it but the withdrawal symptoms are so bad I have to have more within a few hours.</p> <p>How much is everyone taking? Why am I having such horrible withdrawal symptoms? Kratom IS an addictive substance and it IS ruining my life. I want off and away from it but the withdrawal symptoms are making me feel like I might die.</p>	2020/08/18 at 12:24 pm	#addiction #withdrawal
Kevin	<p>After 2 back surgeries, 5 years on oxytocin, & 2 years on Suboxone found Kratom. Been taking it for about a year now. Slowly lowering my dosage a little at a time and i am doing great. I got hooked on those big pharma drugs bad. I feel so much better.</p>	2020/08/18 at 2:49 pm	#opioids #pain
Misty	<p>So true used to come off Vicodin</p>	2020/08/18 at 6:49 pm	#opioids

Mike	I take 6 capsules of maeng da each morning at 500 grams per capsule , really kicks my day off in a positive mood to deal with people and no side effects , just pure good mood! I caution you, it can may you feel like talking more than normal due to feeling positive, no high effects just positive vibe ! But I can't say everyone will feel the same as I do , this is only what works for me !	2020/08/18 at 7:02 pm	#mood
Tasha/Lei (2 comments)	I take White Thai for energy. I had my youngest son at 38. Being a mom of a toddler in my 40s is exhausting. Lol I don't have the energy I had in my 20s like I did with my other 2. Kratom is a game changer! Only problem I have is I've built up a tolerance and have to keep taking more. I do give it a break for some time but still have to take pretty high doses to get any effects.	2020/08/19 at 9:35 am	#energy
	I'm a recovering alcoholic and I've tried all strains. My fave is Thai. I would be careful though because Kratom can be pretty addicting itself and some people have pretty bad withdrawals coming off it.	2020/08/19 at 9:40 am	#alcoholism #withdrawal
Shane	I use about two teaspoons in the morning and two in the evening and I'm good I use to take 40 milg of oxytocin 4x a day and I haven't took another pill for over two years after having kratom	2020/08/19 at 3:30 pm	#opioids
Alfred Swangler	I'm on oxycodone and I run out all the time! Now I'm taking kratom it's a life saver.	2020/08/19 at 4:06 pm	#opioids
Mike	I do 3 teaspoons of powder red kratom and it completely takes all withdrawal symptoms away. Actually feels as if i took around 40 milligrams if hydrocodone.	2020/08/20 at 6:12 am	#opioids #withdrawal
Kratom	I tried everything within my range of possibilities for a year to get off of D 8-24mg/day. I mostly snorted, sometimes slammed. Plus, 5-20 mg of Perks/norcos. The freedom and isolation it created for me is indescribable. I was functioning but wanted to break away from this darkness. I tried a good five times (only ever got to day 3) using every otc med I could think of-including herbs and supplements, gabapentin, weed, subs (for a month-that was amazing but I knew coming off would be even harder and they weren't my RX), alcohol, xanax/Valium, seroquil, trazodone, etc. the list goes on. I even slammed two dosages of Nalaxone (had someone monitoring vital signs, ready to call 911 if it didn't work out & premeditated with Clonidine) to gauge how bad my	2020/08/20 at 2:03 pm	#addiction #opioids #withdrawal

	<p>withdrawal would be at its peak. I literally felt like I was turning into a werewolf on a full moon. I screamed, cried, and rolled back in forth in a blanket, soaking in sweat, for 40 minutes. Most painful excruciating experience I have ever went through.</p> <p>I figured out what helped more each time but could not get past the physical withdrawals. I have not sought professional help as I am scared of privacy violations with my work. With my hours and hours of research I finally came across Kratom. I was able to get to day 5 with Kratom and relapsed. Finally, recently I left town for a week with a bunch of the Kratom and the longest list of reasons to fight, that I could think of.</p> <p>Kratom is a miracle drug. My symptoms were minimal compared to any other time I've tried. However, the constant need to take it is still there. I take 2-4 grams every two hours until bed. I'm 5'5" and 110 lbs. I won't lie, I had a total breakdown and was so upset I was still hooked to something after putting forth every bit of effort to stop. I am going to do everything possible to get off as I know my tolerance will go up.</p> <p>I don't believe it's just substituting one evil for another though. On the contrary, i can now piss clean- not risking my career/kids, I am getting out of the habit of breaking down and snorting 6-8 times a day, I am barely in the bathroom, my nose isn't clogged and running all the time, the "highs" aren't there- therefore, not supporting these peaks and addictive patterns. I am not spending 500-1k a month on drugs. Daily stressors aren't triggering me to do more and more – I've nearly died so many times. Cuz dying high? Fuck it?! Is there a better way!!?</p> <p>No! Such additive, destructive thoughts that I am working past. Do I, once a day, almost cry from the urge to get High? Do I feel hopeless and wish I could just succumb to D FOR THE LAST FUCKING TIME? Yes.-keep in mind I take as little as I can to not physically withdrawal and I've only been off narcs for 2 weeks.</p> <p>Its a minute at a time, sometimes. But, I wholeheartedly believe that Kratom has saved me. I have decided I am going to be patient with myself, give myself more time for psychological healing, and try my best to wean or take little as possible. One day I will get there. I just want to know why I didn't know about this before. It took a long time of sorting through rehab/medical pages that made me believe I would need rehab. That anything less was unsafe or impossible.</p>		
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Will Orth	<p>i have been taking it for 3 years, no withdrawal issues, my only gripe is does not work as good as when i first used it and i have tried upping and lowering my dosage.</p> <p>Here is my formula for taking kratom</p> <p>Morning use High Dose 10-15 grams</p> <p>afternoon Micro Dose a 1 gram every 2-3 hours</p> <p>do not take any at night unless it is a sleepy red and your in pain, i do not take kratom at night as i will not sleep.</p>	2020/08/20 at 7:34 pm	#sleep #withdrawal
Brian C	<p>I'm new to kratom and using it solely for the purpose of detoxing off of suboxone which I've been prescribed for just over 7 years. My doctor had me weaning down for probably the past year. My last visit he told me to take 4mg suboxone for 2 months then drop to 2mg for a month and just stop completely. I told him I know for a fact going from 2mg to 0mg I would be kicking pretty bad to which he told me, "you'll be uncomfortable for a couple days and then you'll be fine." Complete BS! Kicked like hell for 3 days and only seemed to get worse. I ordered Red Bali powdered kratom along with a quantity of 1,000 "000" capsules. I'm able to get just over 1g of kratom in each 000 capsule. I take 5 capsules when I wake up and usually do this 4-5 times a day (20g-25g). My plan was not to switch from suboxone to kratom but I do have some concerns. I will say, while using kratom through withdrawals I do not feel the withdrawals at all and actually end up being upbeat and in a good mood. I plan to taper down slowly as to not feel any effects of sub or kratom withdrawals.</p>	2020/08/22 at 7:37 pm	#opioids #withdrawal
Mary Little (2 comments)	<p>I'm using maeng da Kratom , 3 pills once a day every three days after 14 + years of high dose opioids for my severe back injury. I have went from 6 pain pills a day to 0. Or a maximum of 2 pills depending on my activity level. I can go two to three days however with zero need for my pain meds! I am grateful I found the Kratom community!</p>	2020/08/22 at 11:14 pm	#opioids #pain
	<p>Yes I would suggest the red strain maeng da blend in capsule form. I started on 3 pills and seen how long they lasted me which for me was 6 hours before I needed anymore. I had ZERO withdrawals from opioids. I now take maeng da twice a day.</p>	2020/08/22 at 11:17 pm	#opioids #withdrawal

Brad Prather	I've been using kratom for about a year now and it usually takes care of any pain issues that I have with bercitus.	2020/08/23 at 10:32 am	#pain
Jim	I've been on Suboxone for a few years now. I take about 8-12mgs a day. I see nothing but good regarding kratom.	2020/08/24 at 3:44 pm	#opioids
Patsy	I love kratom.i can get through the day I take care of my mom an 2 brothers at my moms house I live next door so I have to take care of 2 house holds.its not easy at all my moms 88 an blind.she lost her hearing whin she had a stroke.my brothers both have Cirrhosis of the liver an older brother is 62 younger brother is 54 I'm 57 I have Neck in span'el synopses I have osteoarthritis. My bones in my fingers have big Nogols on them my right arm has just bout had it wore plum out. An I take red borneo kratom it helps me alot I really like white borneo. It is even better an thay quite having it .I hate that. But I could not get half the stuff done I have to do with out it it's like i work day an night so i have to let stuff go at my house just to keep from getting burnt out or worked to death but i lo ve my family there all i got an thay all depend on me .couse I'm all thay got I just do what I can .my life would be way harder an more dis function with out kratom thank you kratom for something I can go by that's alot of help to me help my pain in some ways gives me alittle energy. I need all the help I can get	2020/08/25 at 1:57 am	#pain
Rick	I was dependent on Tramadol for over two years. I tried to get off it, but the sude effects were just too unpleasant. I read about Kratom, tried it, and was able to stop using Tramadol cold turkey without any side effects. The strain of Kratom, at least for me, didn't matter as it all worked.	2020/08/25 at 1:38 pm	#addiction #opioids
Randall	I went from 4 Hydromorphone 3 times a day to 8 kraton pills and for when the crap hits the wall maybe a Tylenol 4. Yeap I went from 1049 pain pills A year to 20 at the most it's a life saver I actually got my brain back nice	2020/08/25 at 4:57 pm	#opioids
Justin	I've struggled with opiates on an off for the last 8 years. OD'd 3 times in 4 months in heroin and am lucky to still be walking this earth. It's crazy how something can kill you (literally) and all you can think about is using again. Kratom saved my life. I take 15g doses 3 times a day. Usually a mix of Bali gold and red maeng da. A year and a half later I still get craving to use heroin and when that happens I've taken 30g doses.	2020/08/26 at 9:53 pm	#addiction #opioids

erika Porter (2 comments)	I got off all the drugs and methadone I was on for 14 years and I didn't feel to great when I got up but as soon as I drank my kratom in 10 minutes I could feel relief. I suffer from fibromyalgia and neropathy and autoimmune disease chronic non stop miserable pain and when my husband introduce me to it as a pain reliever and anxiety relief I was bound to get my mom to try it she had been on pain medicine for over 30 yrs and she finally tried it n she said that the kratom helps her way more than any of the narcotics she once had been on for so long now she only takes kratom for pain relief and for her nerves u am so happy n grateful for kratom	2020/08/27 at 1:42 am	#anxiety #opioids #pain
	If I knew about kratom years ago when my opioid addiction started I would have chosen kratom cause no amount of pain pills made it go away unless it was to the point of me nodding off n that means you took too much kratom helps me more than anything	2020/08/27 at 1:46 am	#addiction #opioids
Stephanie	I have used Kratom several times to get off of Suboxone. It is a lifesaver! I started at 24 mg and today is the second day that I haven't taken any. I've weaned all the way down to 0.25. I stated using the Kratom at 2 mg. The first few days are scary and different but the withdrawal is substantially less than without it. I haven't missed a single night of sleep. You need to wean off the Kratom if you use it too long but it's nothing like getting off Suboxone. When you start to feel better just start taking less and less Kratom every day like you would at a detox center.	2020/08/27 at 3:00 pm	#addiction #opioids #sleep #withdrawal
Allison	I have similar challenges and get really frustrated with pain docs because you can't use THC for pain simultaneously. It's frustrating because all pain isn't the same. I just started using kratom. I purchased Green Malay and Red bali. The malay provided some pain relief while giving a little boost. It has a little bit of an opiate feel to it and its energizing qualities aren't all that jittery. I then tried the red because I'm all about that euphoria too. It is actually really nice. It gives that 'warm' feeling you get with opiates but you aren't going to be falling asleep.	2020/08/27 at 3:36 pm	#opioids #pain
Jelly Bean	So glad that I'm free today if that kratom *addiction*. God, without actually realizing it I lost 80 pounds within a year — not good (for me). I became a highly irritable, paranoid skeleton who spoke like 300 words per second. What a mess. That was nearly 4 years	2020/08/27 at 8:55 pm	#addiction

	ago. Today if I even think of shoving that nasty powder (kratom) down my throat I get nauseated. Just thinking of it. Good riddance.		
Eric	<p>I too am a 10+ yr Sub addict. 24-32 mg per day during that period (40 yrs old).</p> <p>switched to Kratom, no sub withdrawal effects after 1 month of 4-8g of Kratom per day.</p> <p>About to do a 1/2 dose every 7 days taper.</p> <p>Prepared with supplements, comfort meds, NAD+ home treatment.</p> <p>Done a lot of homework over the years in prep for this.</p>	2020/08/28 at 3:14 am	#addiction #opioids #withdrawal
Rob	You will feel kind of crappy for a couple days but once that's over kratom has saved me from subs. I've been clean over two months with kratom and it keeps me going while helping me feel somewhat normal.	2020/08/28 at 9:46 am	#addiction #opioids
Jaylee	I know every bodies experience will be different, but I started taking kratom 15 months ago at a low dose. I constantly had to increase my dose to get the same effect. 15 months later, I'm spending \$140+ a day on extracts, my whole life is revolves around finding the money to pay for my kratom habit. I started suboxone yesterday and I'm almost 24 hours off kratom. I do not wish the hell kratom has put me through on anyone. I was isolating, depressed, anxious and couldn't get off of it no matter what i tried.	2020/08/28 at 10:27 am	#addiction #anxiety #depression #opioids
January	I am a recovering addict that has become taking kratom for about 4 years, pretty much daily. I can say that I'm pretty sure that I word be using if I were not taking kratom. I don't know if anyone else has had this experience but a couple of years ago, I decided to stop taking it for a short time and I literally experienced pretty severe withdrawal symptoms. Once the diariah and vomiting started, I googled the withdrawal process and it recommended going inpatient in order to withdraw. Although it has been a major part of my daily life for a pretty long time now, I know first hand that the human body becomes addicted to this as with opiates and if a person takes a large amount for an extended period of time like I did, you will definitely feel it if you even reduce your intake or stop using completely.	2020/08/28 at 6:14 pm	#addiction #withdrawal

Hoot	I got on suboxone after taking oxycontin and loritab 10s up to 10 a day. I've went down the rabbit hole several times with trying to get off all of it. I've ran out of my subs a day or two before... Suprisingly it got me by for a few days...im a believer now	2020/08/29 at 11:33 am	#addiction #opioids
Eric	<p>I was an IV heroin user, prior to 10+ yrs of high dose Suboxone. Gave up Heroin once my kids were born, but stayed on Subs so that I could provide for my family as the sole breadwinner in the house.</p> <p>One saving grace (for me) during this COVID-19 pandemic is that I now have the time to taper and go through AWS & PAWS.</p> <p>Kratom, used at small doses, then tapering off – has been effective for 2 personal friends. They have been 100% sober for 4 & 7 years respectively. I hope to accomplish what they did.</p> <p>Everyone's physiology is different....I've been a HARDCORE Addict / opiate user my whole adult life. My brain knows only the opiate (mu & u) receptor stimulation that it receives each day to just feel "normal".</p> <p>I've used and abused every other drug on this green earth, to the point of cardiac arrest (twice). I am DONE with opiates. Kratom, in comparison, is a mild and therapeutic way to taper off, as I start to re-wire my brain & change my lifestyle with the goal of living a healthy life.</p>	2020/08/29 at 4:41 pm	#addiction #opioids #withdrawal
Merv loewen	I used red Kratom to get off 10 year addiction to opioids—took away all symptoms	2020/08/30 at 9:00 am	#addiction #opioids
Devin	15 years experience. I'm currently over a year clean using Suboxone. My girl friend is 2 months clean using kratom. It fucking works, it just sucks cuz it tastes like ass and u build tolerance to it quickly so you end up spending a good bit of money on it.	2020/08/30 at 10:01 pm	#addiction #opioids
Susie	I have been on herion 10 years then methadone another 10 and then went to Suboxone I tapered off Suboxone for three months then stopped for 11 days went through 3 days of bad withdrawal and after 11 days I had no energy and couldn't sleep I started taking the red Indo 2 hrs before bed and have been sleeping great I take 2 caps...in the morning and I feel great Kratom to me has been very successful I am	2020/08/31 at 7:24 pm	#energy #opioids #sleep #withdrawal

	hoping to soon stop taking it been on dope 30 years Kratom saved me really from drug addiction		
Petro	I have been battling opiates since i was 19 i died the other. Day from fetti. I didnt want to stop cause withdrawal. Found kratom and have had no withdraw. No bupes no meth no other opiate. I keep waiting for the demon to enter me but it hasnt im hoping this is a cure also im an alcoholic and havent felt the need for a drink	2020/08/31 at 11:45 pm	#alcoholic #opioids #withdrawal
Paul	s I currently am taking to get off subs but before I was on subs I took this when I was into h Really bad, mind you it will not get you super high but it keeps the devil at bay definitely keeps me from thinking of using i advise you to keep a opened mind and use it for what it for not a substitute or to get high definitely fills the opiate thought i get in my brain	2020/09/01 at 11:01 am	#addiction #opioids
William (2 comments)	I used it to get off a ten year suboxone habit.... It helps, I would say it helps enough to make it tolerable. That said, suboxone is a bitch – not like an ordinary opioid it's worse than kicking heroine and on par with methadone so please please don't expect to not be miserable for a solid 30 days and seriously uncomfortable for another 60 after that. Kratom helps and will buy you a little relief from time to time – but that's all. Red strains seem to work best for circumstances like ours. Obviously, the goal is to get your brain to a place where it's naturally comfortable, without anything.	2020/09/01 at 2:12 pm	#opioids
	I wouldn't call it a miracle necessarily but Kratom is absolutely a game changer. I don't know that I could have managed that level of misery without it.	2020/09/01 at 2:55 pm	#mood
Kristina	Kratom is a better alternative than all these pharmaceuticals, suboxone can be abused as well. Kratom got me off fentanyl and Xanax, which ultimately would have killed me, so I will always stand up for this product. It's all a matter of what's the lesser of the evils, and never using anything in excess.	2020/09/01 at 4:19 pm	#opioids
Christy	I started the red bali and it helps but I bought the RED MAENG DA by mistake and I think it's better than the other. I have severe scoliosis. My curves are 40degrees on top and 80 degrees on bottom. So I've been on all types of pain meds the last few years and I run out alot but I read about this and it's really been a life saver. I tell everyone	2020/09/03 at 3:34 am	#opioids

	about kratom because my nerves in my arms and legs just ache because of my spine being twisted and this is so wonderful to have this because I've tried CBD oil and it does nothing for me		
Sue (2 comments)	I'm on Methadone and I started taking KRATOM 1week ago along with the methadone, I don't know how much I've dropped but it's considerable. I'm taking about a quarter of my normal dose. I do get a little uncomfortable but nothing I can't handle. If it gets to be to much I just take a sip. I'm getting off this methadone and I thank God for KRATOM. I'm also taking CBD oil. 1vile x a day, it helps also. I'm already sleeping better than I have in years	2020/09/04 at 5:37 pm	#opioids #sleep
	I was on hydrocodone for ten years solid. I took very large amounts, at least 20 a day and up to 50 in a 24 hour period. It was a severe addiction that I could not kick and trust me I tried many many times. Getting dope sick was terrifying to me so I ended up getting on Methadone maintenance program, which is highly addictive in its self. No I'm weaning myself off methadone with KRATOM and CBD honey oil. Only a week so far on the KRATOM and much much less of the methadone but it seems to be working and I'm so excited. I have some work ahead of me but I feel like I finally have a chance now with the KRATOM. I was taking 120 mg a day if liquid methadone and now I take about a quarter of that. 6 Maeng Da a day and 2 viles if my honey CBD oil is what I've been taking so far. Today I got some of the Bali to try. I'm winging this because that's all I can do at this point but so far so good. I know all to well how scary it is to even think about getting sick but I recommend KRATOM	2020/09/04 at 6:04 pm	#opioids
Todd	i have been on 140mg a day of methadone for 10 years. I did a rapid taper doing a 10mg drop every 5 days. I'm down to 20mg a day and have a couple if weeks to be out of meds. I started taking red bali and white maeng da at 20mg. And it helps. It's kinda subtle at 1st but it does help alot. I started out with 2 grams in orange juice and am at 6grams of white in the morning and 4 grams of red in afternoon or evening. Be careful. I am very worried about the withdrawals of Kratom. Will have to taper off of it but not alot of data on how.	2020/09/05 at 12:09 pm	#opioids #withdrawal
Karen Augustine	I have CRPS, Fibromyalgia, CFS, RA, Sjogrens, Raynaud's, Chronic Migraines and Spinal Stenosis. They had me on a 100 mcg Fentanyl patch and 120 Hydrocodone every month. Then, my life went into a spiral. They told me that I had a drug that	2020/09/05 at 4:17 pm	#anxiety #opioids #sleep #withdrawal

	<p>showed positive on my UA (I never took anything that they didn't prescribe) and that my count was off on my patches for 2 months in a row. Then they sent me to a different dr in their practice (the only one that prescribed Suboxone) It helped as far as withdrawals from the Fentanyl and Hydrocodone went. But, they kept me on it telling me that it would help my pain. It did, minimally. So I started reading up on it, and the one thing that kept jumping out at me was that the withdrawals from Suboxone was worse than any other opiate, including heroin. I was on it for over six months at that point. I did NOT tell my dr what I was doing or he would have tapered me much more aggressively, but I started slowly tapering myself, until I was splitting a half of a strip over a 24 hr period, and that's when I jumped over to Kratom. I was not as concerned with energy as I was over pain and insomnia. I made the jump 35 days ago. I do not regret it for even a minute. I realize now that Suboxone to me, was a poison. Kratom however, has been my lifesaver. I started out on green maeng da, which is awesome, especially for pain. But I also needed something for anxiety and insomnia. I read up as much as I could, and I now take... or Red Maeng Da for sleep and Yellow Maeng Da for anxiety.</p>		
Sandy	<p>On 10mg Norcos for years, tired of the pain and not wanting to take more. Started taking Kratom</p> <p>MAENGDA....stopped norcos...no side effects of withdrawals...energy levels shot up and the Maengda strain does help with pain...</p> <p>Shocked as to why people are not using this to get off.opiods..best of luck all.</p>	2020/09/05 at 5:30 pm	#energy #opioids #pain #withdrawal
Kelly	<p>I just did this after being on oxy for 6years like 80mg or more a day and still having pain, I bought this at my local smoke shop, and I have no withdrawal and no pain at all, I highly recommend this product!!!!</p>	2020/09/06 at 9:15 am	#opioids #pain #withdrawal
Stacey Truman	<p>I have found the best method for me taking the powder is with hot/warm coffee. I put the dose in my mouth, take a good amount of coffee then shake my head sideways! I stopped swishing it to mix it because I can't stand it in my teeth! I take several descent drinks to clean my mouth. Also, Pepsi or coke the works if it's not super cold. And, I learned not to breath while taking it because sometimes it can be inhaled and it feels like I was dying! I love Kratos because I'm no longer depending on narcotics, amen!</p>	2020/09/06 at 12:55 pm	#opioids

JDL	<p>I was taking a minimum of 240mg – 300mg daily of oxycodone and had been on it for 13 years. I was in full abuse mode and would always have to spend thousands of dollars buying off the street after running out each month of my RX to get me to my next fill date because of my abuse.</p> <p>Trust me I know the completely helpless and terrifying feeling that comes with withdrawal. Bottom line is Kratom works if you truly want to get off oxy. It works. I now have hope for the first time in a long time. Also, my life is no longer filled with the opiate game.</p>	2020/09/06 at 1:52 pm	#addiction #opioids
Answered	I came off of pills years ago when Kratom just was hitting the market in the United States. I'm a firm believer and I tell everyone about it. I had almost no withdrawal symptoms	2020/09/06 at 2:02 pm	#opioids #withdrawal
Andy	I'm 38 and been on hydros since 18 and took myself off them. Pain paranoia, sickness, etc. All gone with white manga da Keaton I take 6 capsules a day and feel great I'm slowly trying to go down on those as well.	2020/09/07 at 11:48 am	#anxiety #opioids #pain
Aprilpolston	Your so right started taking kratom for chronic pain and lack of energy it worked great but what they don't tell you is you can't just quit you will feel like you are dying which is just as bad as any other withdrawal like you said don't fool yourself I was better off without it	2020/09/08 at 12:01 pm	#energy #pain #withdrawal
erin	I used Kratom to get off opiates after back surgery and it worked so well. I quit Norco on a Friday and started Kratom on Saturday. I then tapered off of the Kratom and now I use it when I need it. The stuff is gold to me!!	2020/09/08 at 5:10 pm	#opioids #pain
Mad	I had a seizure on Kratom and Wellbutrin. Stopped the wellbutrin and then started kratom again and had a seizure with my kratom night dose. Grandmal seiZure	2020/09/09 at 4:01 pm	
Sara	I prefer the Maeng Da myself. But I take up to 60mg of Hydrocodone a day for hip dysplasia. Kratom has definitely helped me ease off the pain meds. I usually take 7 Kratom pills in the morning & the 3-4 throughout the day.	2020/09/09 at 5:06 pm	#opioids #pain

Bill long	I was taking 16 -18mg hydromorphone a day by crushing the needs and swallowing to defeat the time release and this didn't give me any euphoria or drive to do anything well kratom saved my life what a joke these doctors are for hiding kratom from us, 30 years of opiates and now just use kratom	2020/09/10 at 5:43 pm	#opioids
J.Cogs	Kradom is a life saver it's cheap and I dont see myself dying off of it.I have died 6 times no bs off of H and methadone percs and vics.Take about 7 to 8 grams of white Borneo kradom 3 to 4 times a day...Plus I let myself run out it for around 3 to 4 days each shipment and it's working great trust me and to hell with dying...this shit actually works good.....great mood and energy but tastes like dog shit	2020/09/11 at 12:25 pm	#energy #mood #opioids
Mike	Any of them will help you get off opiates Bali is a good one that what I used to get off lortab	2020/09/12 at 8:43 pm	#opioids
Barrett	I've used Kratom to get off opiates and the most opiate like strain I found is red Bali. It gives you the same opiate like feeling without all the feinding. Treat it like opiates when you take it, for the energy and good feeling to be productive take a small dose, if it's later in the night and you need to sleep/get a slight nod Take a larger dose.	2020/09/13 at 1:55 pm	#energy #mood #opiates
Haliey	I got off of sub with kratom. Best thing to do is try to ween yourself down over a few weeks. Then start the kratom but it won't hurt to do them at the same time.	2020/09/14 at 12:18 am	#opioids
Dave	I have a regular prescription for Oxycodone that I take for pain. I have been on it for 2 years now. There are days that I will use only kratom. it works great and I feel no ill effects from not taking the oxycodone.	2020/09/14 at 6:05 pm	#opioids #pain
JR	Kratom is incredible for opiate withdrawal! I was given pain killers after my several visits to the hospital due to my acute pancreatitis. I was given several type of pain killers, but when my doctor stopped giving it to me, I just couldn't stop. The pain was unbearable! So I kept getting some from friends and other connections. After several years of the same bull s*it, I decided to stop. The first 5-6 days are the worst but since I discovered kratom, my life has changed as I don't have to deal with the horrible	2020/09/15 at 12:55 pm	#opioids #pain #sleep #withdrawal

	withdrawals. Kratom has eased all my pains and I can actually sleep a few hours at night without the constant leg/body pain. Kratom is a miracle!		
Toby	God put this natural life saver here for a reason. I have chronic pain from arthritis and it is a game changer for me.	2020/09/15 at 7:16 pm	#pain
Joe Holloway	I'm coming off of about a month or so of doing about 4 or so of percocet 10s a day. Kratom doesn't take away all the symptoms but helps you get through them.	2020/09/16 at 6:19 am	#opioids
tap	i had been on norco 10 for years due to back issues used kratom to get off those succesfully then was diagnosed with throat cancer was on fentanyl 125 mcg patch and back on norco 10 @ 8 a day used the kratom to get off those without the methadone or sub then was diagnosed with lung cancer im at this piont controlling any discomfort i have now with kratom no opioids what so ever,by the way im doing really well lol,im a believer and familiar with most strains	2020/09/16 at 3:39 pm	#opioids
Nikki	I'm on opioids too due to a back injury. I tried the red Bali, no withdraws, and didn't even feel the need for any pain meds. Definitely helped with pain, sleep, and restless legs	2020/09/17 at 6:13 pm	#opioids #pain #sleep #withdrawal
Kate	When I got off oxy I started using Bali Gold kratom and I loved it. Definitely helped with w/d too.	2020/09/17 at 10:42 pm	#opioids #withdrawal
AARON	I was on subs for 5 years and Kratom really helps I used green maeng da and red train wreck I'd flip back and forth between two too keep tolerance low. I also tried bupropion this time, it's none narcotic anti depressant. I heard it would help and I swear by that shit I barley had any W/D symptoms just sluggish and that as where Kratom come in. I'd take like 6 or 8 at a time and I've been thru sub/merhadone and roxys w/d.	2020/09/18 at 5:57 am	#opioids #withdrawal
Paulie	I have been there also on unbelievable amounts of opioids for about 15 years because of my disease and 3 years ago with this opioid crisis I got put on a waiting list. I like green leaf kratom for a good mix of pain relief and a little energy but really they all	2020/09/18 at 11:20 am	#energy #opioids

	seem to work really well. Here in Georgia you can find it at all the smoke shops and gas stations but you have to be careful what you buy there are not all the same.		
Jennifer	I'm using White Vein as my first at kratom and so far it's been working well. I have nothing to compare it too, but it's worked well! I'm looking forward to trying other white strains as I do need the energy. It was a good place to start.	2020/09/19 at 5:05 pm	#energy
Shannon	I've just started, but the red maeng da is what I tried my pain is gone! I'm honestly amazed tbh but next purchase will be red kali ... I'm a recovering opiate user by the way!	2020/09/21 at 7:42 pm	#opioids #pain
Brandon	Been a heroin addict for 23 yrs coming off it again and honestly kratom is saving me.	2020/09/22 at 9:36 pm	#addiction #opioids
Benjamin	<p>I suffer chronic pain from a botched inguinal hernia procedure from back in 1997. I was on bed rest for nearly a year after, constant swelling in my scrotum that needed draining, migrated staples which moved from the mesh area up into my abdomen.</p> <p>First surgeon removed the migrated clips, stitched me up and sent me on my way. Saying that would be all he could do for me. Got a second opinion a year later, new surgeon did an exploratory surgery and found the first doc put a dollar size mesh in with staples all the way around it. The hernia breach hole was no bigger than a silver dollar. 80% of the mesh had to be removed, along with about 8-10 staples. My body was severely rejecting all of it.</p> <p>Got some relief, but came back again in a bad way in 2010. The pain became so intense I had to seek another surgeon. While trying to find one, I started pain management. Was started on 25 mcg Butrans patch and 3-10mg norco for Daily breakthrough.</p> <p>5 years later and after changing meds over the years (Ms Contin/Norco/oxycodone) I was last on OxyContin 25 extended release once daily, and 4 10mg oxycodone for breakthrough pain.</p> <p>The last surgery was July 5th 2017. My second son was born that next August the 21st (day of the solar eclipse). After the surgery the doc said it was really bad. He couldn't remove all the remaining mesh, as some was intertwined with major arteries. He said it</p>	2020/09/22 at 10:36 pm	#pain #opioids #withdrawal

	<p>was an 8-10 hour surgery he had to do in 4. As he had other patients waiting. So he didn't finish the job.</p> <p>The birth of my 2nd son and the recent surgery made me reevaluate my live and I knew that because I had been on opioids for nearly 8 years, everyday..it wouldn't be easy to stop.</p> <p>I read about Kratom and at the time I had to drive up to Kentucky where it was legal to buy (I'm in Tennessee). It's legal here now..thankfully. But my severe RLS, hot flashes, med cravings, it all but went away within the first few doses. I would change up between Red and White Maeng da. My PCP doc gave me Clonidine which also help so much with RLS and sleep for like the first week or so which were the worst. But the kratom took nearly all of the withdrawal symptoms away.</p> <p>I'm still suffering with pain in my groin area. I have 3 yr old and 5 yr old boys. Keeping up with them is very challenging cause the pain comes still with physical activities. Coughing, singing, lifting, sitting too long, standing too long, strenuous exercise is out of the question. I'm still very limited and fight daily chronic pain. I refused to go back to Pain Management, as I know where that road leads. Not to mention patients like me, with an extensive medical history are getting treated like a criminal and getting pain meds are like pulling teeth. Shame that the people who really need the medication have to struggle so much to get it. But nevertheless, kratom imo is far safer and even more so effective as the pain meds.</p> <p>I highly HIGHLY recommend anyone getting off opioids to try kratom. Your withdrawal symptoms won't be nearly as pronounced. It helps give me some energy thru the days, it curves my appetite a little, and reduces the groin pain quite a bit.</p> <p>Although I wish I could find another surgeon to finish getting this mesh out me, I'm grateful to have this plant to help get me thru this until I do.</p>		
Nicole	<p>I was also on suboxone for 10 years. Never thought I'd be able to get off because gbe withdrawals were so bad. I started with 5 grams (10 capsules) of red maeng da morning and night and have been off subs for 6 months now with zero withdrawals. It is like being free again.</p>	2020/09/23 at 7:47 am	#addiction #opioids #withdrawal

CJ	I have been on Krotom for going on 3 years. I love it, but it controls me. I tried really hard not to go that path, but I lost control. I'm not going to lie I love the effect and it does exactly what it says. The withdrawals are a lot like Roxy withdrawals, but not as bad. I've went through methadone withdrawal as well. If you can maintain and take breaks from time to time or stay in control then it's worth it.	2020/09/23 at 11:40 am	#addiction #opioids #withdrawal
Carrington	I'm 8 1/2 years sober. I use kratom fairly regularly, and as long as you respect and dont let your junkie mind interfere..its great. Plus if you take too much..it hurts your stomach and over time you could experience hair loss. That said..put up dosage boundaries and utilize the medicine. If you feel great and try to take more to amplify that..it backfires. It has an intelligence that requires you to use it intelligently. Listen to your clean voice and be honest. The only withdrawal type symptoms I've had were jumpy legs if I go too many days with no break..like every day for 5 days straight..night 6 may be a little bothersome. Never ever take more than 10 grams in a 24 hor period..and you will develop a tolerance..so go small.	2020/09/23 at 4:55 pm	#addiction #withdrawal
Angela	red Bali is the best for withdraws . Any red will do but I'm particular red Bali is what I feel is the best. And I know because I have been there myself ! You got this! It took me 4 times to stop completely and now I've been clean almost 3 years! Thanks to Kratom	2020/09/24 at 12:14 pm	#addiction #withdrawal
Debi	I started taking kratom a year ago for severe neuropathy pain. For me, I have found that White Indo is best for daytime and Red Bali for night time. It took months of trial and error to figure it out.	2020/09/24 at 3:47 pm	#pain
Kathy	Many reds help with the discomfort of injuries and arthritis. I personally know red Bali is great for such discomfort.	2020/09/24 at 4:38 pm	#pain
Jesse	I always take green for pain as well as energy...I deal with injuries from football, and I was once taking opioids recreationally (like an idiot), However, they were laced with fentanyl. I had no idea at the time, obviously, or I wouldn't have touched them in the first place. When I was withdrawing, I took green and white strains regularly, and it helped substantially.	2020/09/25 at 7:52 am	#opioids #pain #withdrawal

Caleb	I found that if you use it the way its intended. It works better. You cant go into this expecting to feel like you took a perc. It calms the cravings and edginess for sure.	2020/09/26 at 10:28 am	#mood #withdrawal
chris	i was an iv drug user for 23 years, suboxone, methadone etc, once i had kratom i never went back to the clinic again. this shit really work, and natural feeling, my tolerance is pretty big so often i have to use the liquid extracts	2020/09/27 at 12:48 pm	#addiction #opioids
III	It's really a miracle plant almost sacred for myself so I would absolutely recommend a quality kratom over chemical pharmaceutical nonsense. I have taken kratom for the last five years just for depression and it really works well.	2020/09/28 at 5:44 pm	#depression
JaynVA	I had gone cold turkey from poppy seeds and any pills I could get. I felt like crap and was probably sitting here dying slowly. Bali took the horrible feeling away. I had been without anything for 3-4 months, and my withdrawals had never subsided.	2020/09/29 at 3:01 am	#opioids #withdrawal
tammy	I have been using kratom for a couple of years for crohn's disease pain and nausea as well as chonic high levels of pain from other conditions, also for severe anxiety and also panic attacks ..a few years before that I came off of 8 different medicines Horrible withdrawals) and am down to 2. Gabapentin and Baclofen. I really want to come off of those too.	2020/09/29 at 4:43 am	#anxiety #pain #withdrawal
Russ	red vein bali...works great for my back pain, I've got bulging disks L2/L3. I was on oxycodone as well, and IF you do experience any withdrawal from the opiates, this will alleviate it for you.	2020/09/30 at 4:26 am	#opioids #pain #withdrawal
Carlisle	I have trigeminal neuralgia and have been taking kratom for about 1 year now. 4-5 grams 2-3 times a day usually. Kratom does not cause respiratory depression. I take Xanax with red vein kratom sometimes and it works beautifully.	2020/09/30 at 4:46 am	#pain
Kris	In my opinion it does a tremendous job curbing impulse... i even quit drinking and smoking after starting kratom. I used to be addicted to painkillers and heroin for the	2020/09/30 at 9:40 am	#addiction #alcoholism #opioids

	latter few years of my addiction. I take kratom every day now—9 years! I've come to learn to respect it and treat it as any other medication.		
Brian (2 comments)	Suboxone is awful to get off of, a fact which the doctors will never tell you. I took it for a few years, and finally decided to start tearing my strips daily to titrate down. I wasn't aware of kratom at the time, (which I now take daily) but wanted to mention low doses of the also helped greatly! Smoking or eating low dose marijuana will ease your desire for more suboxone when its effect starts to wear off. Adding CBD to your diet wouldn't hurt either, as it brings overall balance to your endocannabinoid system!	2020/10/01 at 12:00 pm	#opioids
	Cannabis helped my body in between tapering from methadone, easing the desire and taking your mind off the subject in a way. CBD tincture would help by providing an overall calm, sense of well being, but keep in mind you would need like 85 mg to start. I would also take a fairly moderate to high dose of a red strain kratom in the evening to wind down, like 8- 10 grams.	2020/10/21 at 10:00 am	#mood #opioids
Jessy	I find the Bali white and red strains work most effectively – particularly with reducing withdrawals from opiates and bringing relaxation and balance.	2020/10/01 at 5:14 pm	#opioids #mood #withdrawal
Candi E	I was taking upwards of 4000mgs of gabapentin up to 3X a day at one point. I'm not bragging, either, just being honest. I lost so much weight from not being able to keep any nutrients in my system since that amount of gaba gives you major bathroom issues. It was horrendous. But I found kratom and all of that has changed. I don't need to take such high amounts of gaba anymore as long as I have good quality Kratom powder. I'm still prescribed 2400 mgs a day and I only have to take 600 to 1200 at most daily. If I forget to take it, which does happen since the Kratom works so well for my barage of medical issues, I don't suffer the consequences I used to when I was on such high doses. I'm getting ready to go off it completely by Christmas and I am confident that I will stay off of it. I now just take one at night if I'm in a downward spiral of pain and one in the morning but only if I am having a very hard time moving around without terrible pain once I'm awake. Honestly, if I just give the Kratom an hour to hit my system, I usually don't have to take anything else. And with baclofen, I substituted it with extra strength Tylenol Arthritis (not the regular Tylenol but the one that says Tylenol Arthritis) and it works better for me! Unfortunately I pay the high label prices	2020/10/01 at 5:40 pm	#pain

	since the off-brand one doesn't work at all, but it's worth it and I don't have to take much for it to work along with the Kratom.		
Christina	White Vein Thai or White Vein Bali. For me, it gives me energy like a natural, feel good energy! I was prescribed Vicodin 10/325 for pain but I enjoyed the boost that came with it. I was on it for years & was just tired of feeding my body (especially the liver) this crap so I learned a lot about Kratom & I love both previously mentioned. Bali white helps me with pain too.	2020/10/02 at 6:17 pm	#energy #opioids #pain
Jimmy	I've been on subs for years as long as you taper you will be fine....day 2 you will already start feeling better. Kratom helps..but like I said just take a tiny peice of a sub once a day for a week or two and then stop and you will be just fine..the first day off is the worst by far. I know been there done that.	2020/10/02 at 6:20 pm	#opioids #withdrawal
Jay	I didn't sleep for roughly 16 days when quitting cold turkey. I was only taking 1/8 of a piece a day for the last 2 years i was on them... needless to say that was by far the worse few weeks of my life. Couldn't even get comfortable to fall asleep. A heavy weighted blanket helped eventually. Anxiety was a new thing to deal with. Kratom did help me big time. I was told about Kratom red by a friend. It was said to trick my mind into thinking I was taking something else. Can't believe suboxone is even legal. The strongest stuff I ever was on. I only started using them to help quit pain killers. The withdraw from typical painkillers felt like a breeze compared to that stuff. If you smoke Marijuana then make sure you are more frequently. Maybe not as much but spread out more throughout the day worked for me. Took about 2 months to feel "good" for me. So hang in there.	2020/10/06 at 3:42 pm	#addiction #anxiety #opioids #withdrawal
LeeAnna19	I'm on 60 mg of morph 2x a day I have cut out one dose and only take a break through dose of the kratom isn't helping which is rare. I take a small dose of kratom in the afternoon and before I go to bed with a muscle relaxer and a couple of benadryl. I wake up about 6am some nights are better than others, but I would rather do kratom then have a Dr. Hold that damn pill bottle over my head and the me I have to have injections in my back and neck or they won't give me my meds. I'm hoping to be off completely in a few months, I've been on opioids for over 20 years, I have fibro, 2 knee	2020/10/04 at 12:16 am	#opioids #pain

	replaced, a curve in my spine, compressed vertebrae and disks, spinal stenosis, abscess in my spine, and the list goes on, but hopefully not opioids very soon		
Willard H	Im a hefty boy who started jogging again at 300 lbs. To compensate for the massive impact and wear on my legs i took white buntok or borneo before my run so i would forget i had legs. Now im 260 and trail running like i was in the air force again. Stick with it responsibly and it manages all kinds of pain pretty well it seems.	2020/10/04 at 10:08 am	#energy #pain
Tami	I've had multiple back surgeries and chronic pain issues however I use Green Meang Da 3tsp in orange juice every 4hrs and I don't have to take anything for pain!!!	2020/10/04 at 11:53 am	#pain
Justin Smith	Been on subs for 3 years straight.(ex heroin addict) No insurance so going to the doc was out. On Kratom now. Maeng Dau White is my advice. Tried the capsules they worked. Now I just use a teaspoon in the morning of the raw powder in juice, and one in the afternoon. Financially it's a better fit for me. I couldnt deal with the sleepless nights coming off the suboxone, so I gave it a try and was delighted in the results.	2020/10/05 at 2:37 pm	#opioids #sleep
Henry	my experience with Super Green Malay produced a mellow state of mind without sedation (i.e. good mood, no desire for couch time). I've been trying different strains mostly for pain relief and energy boost, and Super Green Malay provided both in some quantity, but its effect on mood adjustment was notably better than other strains.	2020/10/06 at 12:50 pm	#energy #mood #pain
Renea	I was in methadone for 20 yrs and almost died trying to come off of it. If a friend hadn't recommend I try Kratom I really think I wouldn't be here to write this comment.	2020/10/06 at 3:42 pm	#addiction #opioids
Jen	But I personally was on suboxone to get off pain meds (Percocet). I took 1/4 of a strip every day the last 6 months. I was still suffering. Couldn't get over the anxiety/lethargy. I started at 1 teaspoon and it was plenty. Changed my life. I not only functioned finally but went back to a 65 hr/week job.	2020/10/06 at 8:40 pm	#addiction #anxiety #mood #opioids
Tyson	I took 900mg of gaba and 30mg of baclofen a day for a couple of years after going through medical detox from xanax. Kratom got me through the minor withdrawals from	2020/10/08 at 3:41 pm	#withdrawal

	the taper, and now I'm completely off both meds. Your mileage may vary, but that was my experience.		
Jack Chaney	I take 30 capsules of super green Malaysian for a dose. That's about 15 grams. It seems like a lot but it actually is effective. I'm not currently addicted to any painkillers but I have been on and off them for many years. I've had a lot of surgeries but I've also been a street drug user. When I started using kratom I started with red bali. I have bought quite a few different strains quite a few times. I've found the super green to be the strongest but it does keep me from sleeping if I take it later in the day. I've also found that taking kratom every day makes it less effective. As stated I've been using it for a while and I am plenty experienced with opiate use. Back when I first started on kratom I used it every day. I was worried when it would get low and I'd try to be sure to have plenty. As it turns out I had no withdrawal issues at all! I couldn't believe it. So now I just take it when the pain is really bad. I take 15 grams and get effect very quickly. Especially with my coffee in the morning. Oh, btw, I did try it in powder form too. It's like eating the stuff stuck to the deck of lawnmower (not that I've tried that), nasty, vile tasting stuff. You can buy these thin little papers from Amazon and fold it into them to swallow but I'd recommend just using capsules. Start with taking maybe 10 or 15, learn what your proper dose is. If you don't have to take it every day you'll get more bang for your buck but if you're withdrawing you have to do what you have to do. I wish I'd know about this when I withdrew from methadone! That was a awful experience! Don't EVER get on methadone, the stuff is S L O W to withdraw from and it only exacerbates the misery...I found this site from searching my dose, which even after doing this for a couple of years, seems large and kinda worries me. All said, I believe kratom is a winner, at least you don't have to worry about withdrawal.	2020/10/09 at 10:48 am	#addiction #opioids #sleep #withdrawal
Tea drinker	I get the effects expected for energy, euphoria and pain management. I've been doing this as a supplement to an opioid pain management program and it's allowed me to stay on the same opiate doses for 4 years now. My kratom need s have increased....I'll make the tea with 25 grams these days. Could not imagine eating that much powder though. I wind up with a nasty tasting 12 onuce or so glass that I hit with four sweet n lows to make it drinkable. Works for me... That's it and all I want from my pain management is the be made as comfortable as possible for as long as possible.	2020/10/10 at 2:46 am	#energy #opioids #pain
EJ	As a former heavy Vicodin user a friend told me about Kratom last year while hesitant at first, I finally started taking it, I've found what works best for me is White Maeng	2020/10/11 at 10:58 am	#opioids #withdrawal

	during the day and Red Bali before bed and I'm about 1 month clean of pills and have really no withdraw symptoms which is a god send if you know what I'm talking about.		
Alexandra	<p>I was a raging heroin addict/alcoholic on and off for over 20 years. A couple years ago I went on suboxone maintenance and it was a game changer for me. I finally was getting my shit together and for the first tile ever, my alcohol cravings were lessened. That had never happened to me before! I stayed on it but I quickly started to feel like a slave to subs just like the heroin. I unfortunately got my wish because once quarantine hit, I wasn't able to get my subs and I went off of them cold turkey. Holy hell I wouldn't wish that on my worst enemy! I was SOOOOO sick for the first month, then moderately sick the second month. By the third month I was feeling back to normal. Anyways I used Kratom in the beginning of the kick and it helped so much! I had used it before and I knew that now that I was off the subs, the Kratom was going to be in my life at least temporarily.</p> <p>So I've been taking it about 3-5 grams several times a day. I don't get high off of it in the slightest. Which to be honest. Is a bummer. I would prefer to catch a buzz, I feel like that would help curtail my alcohol drawings if I did. I read on another site that if you take like 15 grams that can produce a euphoric effect. Does anyone ever take that much? I know I have developed a tolerance since I've been taking it everyday for about 2 months. But I never caught a buzz even in the beginning. It just helps with my opioid c da binge and makes me "feel better." It's a lifesaver for hangovers too! I also recently got some that is infused with real CBD and helps wi Th my back pain so much!</p>	2020/10/12 at 6:30 pm	#addiction #alcoholism #mood #opioids #withdrawal
Nick (2 comments)	Just started taking Red Bali last Friday for coming off all sorts of pain med/opiates for the last five years....and no BS.....this shit actually works. Hardly any withdrawal symptoms from coming off all the pills and able to actually sleep.	2020/10/13 at 12:48 pm	#opioids #sleep #withdrawal
	I take two table spoons morning, noon and night. But for night I prefer a Red Bali it's more calming and relaxing. The Maeng Da is good during the day or at work. Everyone is different but this shit helped me kick opiates.	2020/10/19 at 4:31 pm	#addiction #anxiety #mood #opioids
Jeff	I was ok 80 mg of methadone for 3 years. Got sick of the side effects. Especially the sweating. I weened down on the methadone by cutting does by 50% every 3 days. 80	2020/10/13 at 2:32 pm	#depression #fatigue #opioids #withdrawal

	– 40 – 20 – 10 – 5 – 2.5 — At 2.5 I stopped. I was tired and felt depressed but no bad withdrawals for a month or so. I still wasn't happy so I tried Kratom and I have zero craving for opiates now.		
thomas duncan	73 yr. old male, 13+ yrs on morphine sulfate, then O.D'd., clean for 1+yrs., tried kratom, pain down to 2 or 3, and got a smile on my face !!!	2020/10/13 at 3:27 pm	#addiction #opioids #mood #pain
Kathy Haigler	I've been using kratom to come off of gabapentin. It's slow going but it helps tremendously! I've gotten good advice from a support group for gabapentin that recommends going down by 10% of your dose at a time. Then staying there until you feel stable for a couple of weeks before you attempt to go down again. But I've gone faster than that with the help of kratom. You have to sample some different strains of kratom to determine which ones help with pain and/or withdrawal. Generally, red strains are good for both, but some people get more benefit from green strains. I'm down to 300 mgs three times a day from 800 mgs every five hours. It is truly a blessing.	2020/10/13 at 6:31 pm	#addiction #withdrawal
Mark Wade	<p>I usually take Kratom to manage my anxiety and stress. I have started to taper now to keep my dose from getting too high. I brought my dose down to 2-4 grams a day then took a few days off completely.</p> <p>What I didn't realize was how much Kratom has been managing my aches and pains. Without it I felt so tired and didn't have any energy through the day. Also, I felt a lot of aches and pains in my lower back and neck all day.</p> <p>When I finally started up again, I felt so much better! Aches and pains were almost completely gone and I felt energized. My mood was better and had much better focus on my work. I'm always amazed at how much better I feel with kratom. I'm so happy that it's legal and I can get some relief from my usual pain without having to hassle with doctors!</p>	2020/10/13 at 6:46 pm	#anxiety #energy #pain
Sunshine	Any substance abuse, will always be difficult to get off of.. I was addicted to hydrocodone, benzos and muscle relaxants..all legally prescribed, due to neck fusion surgery.. 15 long years, I went cold turkey on the Hydrocodone and Muscle relaxers, benzos I had to wean off of... The kicker is I felt like I had demons inside of me, fighting me, the whole time I was getting off of all these drugs, I'm 50yrs old, and I have a	2020/10/14 at 12:59 pm	#addiction #opioids #pain #withdrawal

	<p>bulging disk at lumbar 7 in my lower back that presses on my sciatic nerve, which makes everyday life difficult, my bipolar doesnt help matters either, And I'm not ready to have some Droctor, perform any more surgeries, so I deal with chronic pain every single day of my life..I find Kratom helps tremendously.. In the past I always felt like, a prisoner to all the pharmaceutical pills, I couldnt pack up and go anywhere, without making sure, I wouldnt run out of meds... With Kratom, I dont have these worries anymore, if I run out I just run over to the nearest GNC and pick some up.. IT feels wonderful, not to be a slave to Pharmaceutical Pills anymore...Kratom does not take away the pain totally, but it does help Alot...</p>		
John	<p>I am amidst my 2nd time coming off of suboxone. This time on it for 3 years, not as bad as when coming off after 8 years. I have this same feeling as you. I went 3 days of nothing to really feel bad, now the last 3 days idk a tablespoon of kratom at like noon than that's it. Been surprised that each day when the kratom wears off it's less and less worse. I wasn't sure if the kratom was just going to delay withdrawal but it seems like definitely not. The thing is, most people want to feel no withdrawal. I think it's important to go through the worst of it so you remember why not to fuck up again...</p>	2020/10/14 at 10:09 pm	#opioids #withdrawal
Shelli	<p>I didn't come off of heroine, but I did come off of 11 years of opiods and have been off for 2 years now. And I got off cold turkey with kratom and some other things. There was definitely things I wish I had known beforehand like dosing. And other things to help. I got off the opioids and then got off of kratom all within 2 weeks. Not the best strategy and I had post acute withdrawal and never knew it, just felt awful. Since mine was for chronic pain I was never successful in getting off kratom fully especially after falling and breaking my tailbone 1 month after getting off kratom. So I use kratom now for pain control instead of opioids and it has changed a lot for me. I am no longer in bed sleeping my life away from sedating effects...I do have better pain coverage then the opioids.</p>	2020/10/15 at 2:46 am	#addiction #opioids #withdrawal
855 Denny	<p>I tapered off my buprenorphine in 2 months. I was just tired of being dependent on it. I also didn't want the \$300/mo. clinic/pharmacy bill anymore. I went from 4mg 2x daily to .5mg 1x over the 2 months. I thought I would have very minimal withdrawal from the buprenorphine since I took a long time to taper and it did help but the second day of zero mg was getting very tough. I had heard of people using kratom to get off opioids and I started researching. I couldn't sleep and I needed a distraction. So glad that I did! I have been taking 8mg of buprenorphine for almost 10 years and my body felt that it</p>	2020/10/15 at 4:59 pm	#mood #opioids

	<p>was a necessary chemical. I did not feel well and I did not want to have wasted the effort invested. I read a lot of testimonials and the majority said that they were using the Bali and having positive results. I had the wife drive me to a vape shop and I purchased a 3oz bag for \$20. I didn't do any precision measuring. I used a plastic spoon to scoop a big tablespoon of the gold powder and stirred it into my lemonade. Nothing about it was appealing, visually or taste. Amazingly, 10 minutes later, I was feeling well. Slight headache but none of the usual hell. I went from a 5 minute sneezing fit and wanting to crawl out of my skin to laughing and joking with the wife. I was in disbelief.</p>		
Julie	<p>Red Horned does nothing for my pain. Everything else from the same order has worked great. I still have others to try, but haven't found "the one" yet for after shoulder surgery pain</p>	2020/10/15 at 5:41 pm	#pain
Banana	<p>I was at 40 mg methadone per day plus oxycodone 10s as needed. I felt almost no withdrawal at all! You're just going to be Slightly irritable, but no actual withdrawal if you're taking strong enough stuff. I used white But I hear red is better. and of course the taste is awful. Just make sure you are gulping down a big spoonful before you start getting too deep into withdrawal, because once you're withdrawing the nausea makes it harder to swallow. I went a week taking lots of kratos every day but then stopped the kratom after about a week to avoid having my brain get used to the kratos. No withdrawal! If it doesn't work for you take more powder.</p>	2020/10/16 at 4:18 pm	#opioids #withdrawal
Cory	<p>I'm taking no more than 12 grams a day (6 grams at a time) twice a day or every 6 to 7 hours, and I can speak for myself and say that I'm no longer an addict of it... I was addicted to it for almost two years but I was taking 7.5 grams 4 times a day or every four hours. The withdrawal symptoms were a lot like opioid withdrawals. But it's a lot easier to taper yourself off of kratom and use it accordingly than it is to abuse opiates. Not to mention is isn't nearly as detrimental to your health as opiates. I was HIGHLY addicted to opiates. I have back issues but the truth is I was doing it more so for the high of it and using it's energy to do my job. I worked in the steel pipeline industry for 11 years. Kratom helped me to alleviate my cravings from opiates. I was taking 3 or 4 perk 10s every four hours and sometimes up to 25 a day. It killed my marriage, my home, my finances and my life. Kratom for some IS a wake up call. In my case especially. I wound up in a hospital from an overdose of opiates. That woke me up but it didn't alleviate my cravings. When I got out of the hospital, that same day, I went</p>	2020/10/19 at 2:53 pm	#addiction #opioids #pain #withdrawal

	back to using again. A friend introduced me to kratom and I haven't been an addict of opiates ever since.		
Joe	I got off of 40mg methadone per day over a 2 week period and just stopped the methadone. Yes pain went up as I did t take it for addiction. Heroin addicts I have met used kratom as well to stop withdrawals. This is what I did and after 8 mos it now helps with pain. I take about 8 000 capsules per day but using a keurig will do the BEST as one can simply add real tea to it and sugar. Voise!	2020/10/19 at 10:59 pm	#addiction #opioids #pain #withdrawal
DW	I used to be hooked on methamphetamine about 2 years ago. At first it was little binges here and there just for fun. But then I broke up with my girlfriend I was living with at the time and had to move back home with my dad. I didnt want to because his wife is always on my case for anything she can be. We never got along since I was 6 years old. I'm the oldest of 4 in the household and the only child she didnt birth so yeah I'm the least favorite. Anyways, I had a lot of stuff going on and met the girl I ended up being on drugs with all the time and lost my truck, my family, my kids, everything i ever had. Eventually it got bad enough she no longer wanted to put us in her mother's home where all the drugs would circulate between 4 of us. We were forced too move away and get clean. It was hard for me mentally to just move on and my brain was having a hard time adjusting to not using the same psycho-stimulant I'd been using for the past 2 years at that time. So I got around to getting a prescription for adderal because my body's chemicals were so unbalanced and out of whack and I had gained 35 pounds in 3 weeks. Which isn't bad thing but it was starting to be where I was eating every hour of the day and was getting expensive. The Adderall helped me ease my mind and keep focused. I then found Kratom at a gas station next to the CBD bud. I tried the CBD bud, it didn't really "help" just made things weird. But the next time I went to the gas station, I got Kratom and I could tell the same day how much better I was feeling all around. It was like I never felt the struggle and pain of addiction and gettin clean. That was about March 2019 that I started using Kratom and once you find the perfect strain for yourself, you will find it useful in any situation. It never interacted badly with Adderall, in fact it was like they worked together. If the last dose of my Adderall I had was the last one for the day and I was starting to feel like I was crashing the Kratom really took over helped me get over that craving and not lose myself to my same old ways.	2020/10/20 at 2:03 pm	#addiction #mood #pain

Claudio	I can say that White Vein Thai is a Heaven Gift! Give me energy, makes me productive, focused, and overall, that inner feelings to stay faithful to our Creator!!!	2020/10/20 at 3:50 pm	#energy #mood
Miss Kelly	It easily took the place of 5 medications I took and quite frankly I could lose the last two I take and be fine with my Red Bali. It literally saves peoples lives. Sure people enjoy the euphoria it can provide but the majority of long term users use it to improve their quality of life.	2020/10/23 at 12:22 am	#mood
Judy Lehman	I dont know why but I never feel this “euphoria” that they say Kratom gives you. Been taking Kratom 4 about a year now & am yet to feel euphoric.	2020/10/24 at 3:27 pm	#mood
KSCG	<p>Try asking people like me that have had a Level 3 Spinal Fushion! On a scale of 1 to 10, our pain is, on most days, a 7 or 8, or worse.</p> <p>At first I went to see a pain doctor. They gave me OxyContin which eventually made my teeth start to decay rapidly! After I stopped the erroneous use of this toxic pain pill, my teeth were healthy again!</p> <p>...Kratom, after finding it & using for 2 years causes no such problem!</p>	2020/10/24 at 6:51 pm	#opioids #pain
Edna	Kratom has been a saving grace. I have debilitating pain from multiple auto immune diseases including AS and Lupus. The pain is excruciating and there are days I can't stand or walk. I found Kratom and finally can get relief. I do not use it every day as anything has the potential to become dependent or tolerant. Ambien stopped working years ago. There are people with chronic illness who DO NOT ABUSE their medications. People who are using substances for recreational use or that have addiction issues aren't the same as those of us desperate to find pain relief. Cannibis is another example Ive never abused it, though use it to sleep. Some people find cannabis addictive others have NO issues. The issue is with those who have addictive personalities going out and abusing substances. Your brother has the issues, not the Kratom. Had it been used properly and for the right reasons it's an amazing plant.	2020/10/24 at 11:41 pm	#addiction #pain #sleep
Chris	To me kratom is very addictive but it's the least harmful out of all the drugs. It makes me a way more productive person but it does have minor withdrawals.	2020/10/25 at 10:04 am	#addiction #withdrawal

Judy Picciandra	<p>You know 'One is too many and a thousand never enough' ? Me exactly, sooo, I cold turkey of every best-friend-drug I had in an extensive array. Great!</p> <p>But, all my pain and problems did not go away. Ten years I have tried alternative anything to find relief.</p> <p>WHITE MALAY KRATOM has been my God send! Again, His green growing plants have given me (I know it is a tree leaf) fantastic pain relief and energy! I am a Registered Nurse and I did the research necessary to relieve my mind about what was going into my body! Kratom is my pain relief also, my night time routine include s RED BALI...it doesn't make anxious or jittery or have bad dreams, etc. I rest and an get 6-8 hours of good, solid sleep.</p>	2020/10/25 at 12:32 pm	#energy #pain #sleep
Ray	<p>Red baili and red Mange da have worked for me. I am a recovering lv using heroin/ fentinel addict of 12 years. These have helped me get my life back in order and also the kratom extract shots. This shit saved my life on some real shit.</p>	2020/10/25 at 8:19 pm	#addiction #opioids
Em	<p>I just finished weaning off of subutex 4 days ago after being on it for roughly 3 years. As soon as I started feeling withdrawal symptoms I took 2-3 grams of the red bali powder mixed in oj along with a couple capsules of a green strain to help give a little energy boost. I've been taking 2-3 grams 2-3 times a day and it's been a lifesaver! I also highly recommend taking passion flower tincture combined with valerian root caps to help sleep better. To help with mood even further and mitigate cravings I take a DLPa 1000 mg daily along with a good quality turmeric. One last natural thing I highly recommend is CBD oil daily and marijuana as needed because the medicinal effects of both of those help everything</p>	2020/10/26 at 2:07 pm	#energy #opioids #withdrawal
Sunny	<p>My fiance and I had a very similar story, except I was diagnosed with cancer in the middle of it. I'd been prescribed Adderall and took it normally until I began Strong Chemo treatments. I felt that I needed more in order to deal with my crazy family, with whom we were living at the time. My fiance had a hard time dealing with them, as well, and became addicted to my prescription. Next thing I knew, we blasted through all of our savings & ended up living in my car, by the time I finished chemo and radiation. Kratom really helped us get back on our feet and we are the normal responsible people that we were pre-cancer. However, my ADHD has been pretty bad at times. I take kratom daily and feel that it works some days, but many days it doesn't. I</p>	2020/10/26 at 3:14 pm	#addiction

	entertained the idea of going back on ADHD medication, as it worked very well for me before I met him and got diagnosed. My fiancé is very upset with me about this idea, though. He's afraid that I'll take too much again. He only knew me for 2 months before chemo started. He didn't even know I was on it until a few weeks after living together (bc I took it as prescribed before he started taking it with me)		
Emily	I wasn't on Subutex over 30 years ago. I was in the first few blind studies and helped get it passed by the FDA. After the trial they supplied with Subutex for many years. I was originally taking 16 mgs a day, as required by the study. It saved my life but at a point I wanted to decrease because I was terrified to get into an accident or get sick and that no pain med would be effective while in the hospital or recovering I was easily able to decrease to a CRUMB of the Subex which was still effective in preventing any withdrawal symptoms. But that last crumb was impossible. Kratom was the only thing effective. My son sent me several strains of Kratom. The first one I tried was Green Maeng da I actually just chose one randomly. And a half teaspoon did the trick quickly. I just had a terrible knee replacement surgery. And I had a high tolerance to the narcotic although I stopped taking Subutex completely 3 years ago, but had only been taking 1 mg for 20 years. Nothing, unless given intravenously helped with the pain at all. I have a 100 of 5 mg. pills of oxycodone because they had no effect on my pain or my mood. They just did nothing. I decided to try the Green Maeng da again and within minutes my pain subsided. And my energy increased. But it must be taken in small doses. Between half and 3/4 of a teaspoon. The first time I tried the kratom I took very little and said. Omg. This stuff is legal??? I had the euphoria sleep. But I didn't want that. After my surgery I read that to manage the severity of my pain, to take about 3 teaspoons. And that was the worst mistake ever. I was in an opioid induced itch all over every inch of my body which is not caused by histamines so allergies meds (antihistamines) don't help. It lasted for at least 10-12 hours. So now I had both excruciating pain and itching. So you have to be careful and adjust the amount as you go along. Add after a half hour if you think you want more. I mix the powder in hot coffee and sweeten it with flavored creamer.	2020/10/29 at 10:26 am	#energy #mood #opioids #pain #sleep #withdrawal
EveryDayLand man	I'm 50 years old, 175 lbs, 6', and take 1 tablespoon of Green Maeng da on an empty stomach every afternoon and it completely eliminates my anxiety, depression and curbs the frequency of my migraines. Also makes migraines way more tolerable when they occur.	2020/10/29 at 2:45 pm	#anxiety #depression #pain

Heather B.	I personally take Kratom for chronic pain, and I prefer this type. Very useful for living with fibromyalgia. Kinda changed my life.	2020/11/03 at 6:08 pm	#pain
Hannah	<p>I was using ,then went on a subutex prescription, weaned myself down from 12 mg to 0.8 mg in a few weeks then struggled like HELL to get off that last little bit... I bit the bullet one day and just did Kratom INSTEAD of my meds , 5/6G dose... and then sat there waiting to feel ill..</p> <p>It didn't happen!</p> <p>...and didn't happen... before I knew it it was 48 hours,then 72 ...and then 7 days...</p> <p>My legs ached for a week ,but that wore off eventually. I feel so much better than it did on subs, like I want to do things again</p>	2020/11/04 at 10:59 am	#opioids #pain
Pharmerdavid (2 comments)	They wouldn't fill my prescription for methadone this morning, which I've been on for over 20 years, down to 30mg. now after taking 40mg. most of the 20 years. In the beginning, methadone literally saved my life from heroin addiction, and I was taking 70-80mg. daily – way too much. I'm at pain clinics now, instead of addiction clinics, which is much easier, if not much less expensive. My pain clinic closed, so I have to find a new one. Well, maybe not being able to fill my prescription this morning was a blessing, because I got some Bali red instead. I've tried it before, and it didn't seem to help much, but never really gave it a fair chance. Today I have no methadone, but after taking 15caps with grapefruit juice I fee much better now. The remaining 40 caps will be taken in two doses, 20 per dose, as recommended above. If you have a tolerance, you need the higher doses for it to work, but we are all different. I use cannabis too, and the next pain clinic might not allow it – most don't. The pain docs and clinics have allowed me to use cannabis so far, because I had a medicinal cannabis permit since 2000. When I got on medicinal cannabis, I was able to cut my methadone half, from 80mg to 40mg., so it really does help.	2020/11/04 at 5:51 pm	#addiction #opioids #pain
	I've been addicted/dependent on opioids for most of the last 50 years (65 this year), including cough syrup in the beginning, then pain pills and heroin, methadone the last 20+ years, currently 30mg. daily The pain clinic I got it from went out of business recently, because of covid-19. They sent my last two monthly prescriptions to the pharmacy, to last me until I can get into another pain clinic. I took a nasty fall a few	2020/11/13 at 7:36 pm	#addiction #opioids #pain #withdrawal

	<p>days before going to pickup my second monthly prescription of methadone, smashing my shoulder very hard, but they wouldn't give the methadone prescription to me until the next day, even though it had been 30 days. They claimed the pharmacist gave the first prescription to me a day early by mistake, and they couldn't give it to me before the date written on it, even though they had the previous month. I was in pain and withdrawal, and panicking, but instead of getting heroin, I went straight to the herb store, and got some Bali Red Kratom. It really helped with pain, and got rid of the withdrawal symptoms too. It's been a week now, and even though I have a month supply of 10mg. methadone tablets, I've been using kratom instead, and it's really working. I cap it up in 00 size vegcaps, which is 1/2 gram each, making titrating my dosage easy. I take about 7 grams in the morning, and afternoon, then 10+ grams at night. I don't like the feeling of taking too much, after trying a 15 grams dose and even 10 grams is too much during the day. It makes me feel foggy, unbalanced, and jittery when I take too much. I took 7 grams a couple hours ago, and that is just about right, might even be a bit high. At bedtime, however, I'll take considerably more, because sleeping is very difficult for me. I also take valerian, melatonin, kava, chamomile, holy basil, ashwaganda, etc., along with the kratom. Last night was hard, and I had to take my morning dose during the night, so tonight I'm taking a larger dose. I'm a weenie when it comes to pain and withdrawal syndrome, used to go straight to heroin when the methadone supply got interrupted, but now I know kratom is all I need. IT REALLY WORKS!!!</p>		
Vincent	<p>I have used opioid for over 30 years. All of them. Pure train wreck to detox. Subs take you thru the detox but only to get hooked on them. 30 days of pure hell. I used kratom this time to shack Mr Jones and the hell to pay. It really helped. Wasn't so bad and could get off the feeling like death train. I still take kratom two years later. If I stop taking the kratom I sneeze my ass off but don't feel any withdraws. I'm telling everyone it is a God send to us and to unlock the chains big pharma has locked one down with. Come on. If I can brake the chains then you can to with kratom.</p>	2020/11/05 at 9:46 am	#addiction #opioids #pain
Mel	<p>White strains are THE BEST for pain relief and energy boosting !! I was on Tramadol for 3 years and finally found something to help me get off them!</p>	2020/11/05 at 9:47 pm	#energy #pain
Steven Koontz (2 comments)	<p>About 8 months ago I started a kratom regiment aimed at my diagnosed clinical depression. I have refused pharmaceuticals because I don't like the side effects and I</p>	2020/11/06 at 4:58 pm	#depression

	have had great success with kratom. It's not dialed in to perfection yet but it's far better than I was taking nothing.		
	After a 30-year heroin addiction, I was directed to the methadone clinic. At the time it seemed a blessing, but after 5 years and countless slips on H and benzos, I went into a rehab stay. I was rushed to the hospital from the withdrawal seizures. It was a nightmare. When I got clean I still struggled with relapse until I started kratom. A normal day is 3-5 grams 3-4 times a day and it keeps me at a very sane and serene level. Not high. I began noticing an improvement in my depression as well. I no longer take anti-depressants and am clean.	2020/11/06 at 6:18 pm	#addiction #depression #opioids #withdrawal
Johnny	I've just started taking kratom myself for about a month and I used to be a big pill pooper now I only take tramadol for my pain 2 to 3 days out of the week the rest of the week I take kratom 2 whites and 2 greens about every 4 hrs and it helps tremendously with my withdrawal symptoms and energy.	2020/11/08 at 12:34 pm	#energy #opioids #withdrawal
John	kratom didn't work for me until at least two months after suboxone then I started taking kratom- Bali kratom my opinion it's the best and acts more like an opioid than anything and gives you energy I take five grams at a time so ten capsules and I feel it for almost five hours...my opinion subs are the worst drug to get off of ..i detoxed for just about five weeks from it..horrible experience	2020/11/08 at 8:54 pm	#energy #opioids #withdrawal
Dustin	White mang da wife and I kicked suboxone with this suboxone is just as bad as heroin get the powder not the capsules and do the toss and wash in your mouth with a fruity drink like mountain dew	2020/11/09 at 11:57 pm	#addiction #opioids
Andrea	I used Kratom to ween off of Suboxone. It helped tremendously!!	2020/11/10 at 6:49 pm	#opioids
Andrea	I used to take 4 ibuprofen liquigels 3 or 4 times a day & I had gastric bypass so not supposed to take nsais at all. I would take 4 of them before I even got out of bed because of my spine. Now, I use kratom – I've been using the capsules but it's getting pretty expensive. I ended up here because I'm thinking making tea might be easier for me. Most days, I don't even have to take any ibuprofen.	2020/11/11 at 10:07 am	#pain

Brittany	Methadone is strong. I think it would be best to switch to suboxone first (if possible), then taper down off of the suboxone and then start kratom. That's what I'm doing and its working great!	2020/11/11 at 11:47 am	#opioids
Amber	I have Fibromyalgia & was diagnosed 2 years ago, by 2 different doctors, in the past I was prescribed opioids because my doctor at the time didn't really know exactly what was going on, fast forward 10 years & ive been taking suboxone because of course there's no way even with Fibromyalgia to get good pain relief, Also many doctors are now realizing that ppl with Fibromyalgia have had horrible pain ect. Well this is where Kratom comes in, I am left with no relief for pain even taking suboxone without doctors knowing, FOR ANYONE wondering how Kratom helps get off Suboxone, once you start with a white strain that is stimulating along with pain relieving, you will eventually forget to even take the suboxone, that's exactly what has happened with me!! If anyone wants more information or insight on how this works for getting off all pain pills & suboxone & also ADHD medications, you eventually will completely forget about these meds!!	2020/11/11 at 11:56 am	#opioids #pain
Mark Roberts	I was on oxycodone for six and a half years and then my doctor just cut me off. The stuff works I haven't had one sign of withdrawal symptoms	2020/11/11 at 3:29 pm	#opioids #withdrawal
Ricky M	I quit subs 5 years ago and it truly sucked. It was just as bad as the heroin withdrawals. I quit my last week in rehab I decided I didn't want to try to quit on the street so I went from one 8 mg a day to none. It sucked for 2 days but when it was over it was so worth it. To be truly drug free and not have to take something all the time every day is amazing. Kratom is great 5 years after all of this I just found kratom and it is such an energy boost without the jitters.	2020/11/11 at 5:38 pm	#energy #opioids #withdrawal
Zednia	<p>Been living with anxiety...</p> <p>Before even starting on medication, make sure you understand what it means, what can do in long run, why you have it and how to cope . You must understand that the last one , the coping mechanism, must be with you at all times and use it when necessary.</p> <p>A Behavioral Health Therapist will be the best in your future to learn.</p>	2020/11/12 at 7:02 pm	#anxiety

	<p>Worked for me.</p> <p>Also, CLONIDINE 0.1mg did wonders to my IBS due to Anxiety. Also Gabapentin 300 mg at night, helps with my skin anxiety.</p> <p>From Kratom supplements, I found that GOLD BALI 3g – 4g works best for me (1 capsule contains 500mg, or 0.5 g. That means 2 capsules of 500mg each makes 1000mg or 1GRAM.) Therefore, I take 6 capsules (3gr) or 8 capsules (4gr).</p> <p>Also, BENTUAGIE kratom, I take 2 capsules bedtime when I have it.</p>		
889 OpioidAnonymous	<p>I saw a lot of comments about weening from other opioid. I started on pain killer then heroin for about 2 years then methadone (maintenance clinic) for 5 years. In my opinion (just an opinion btw), if you currently have an opioid addiction/dependence you should join a methadone/suboxone clinic; I recommend methadone. If you think you can control your taper on your own you are very likely mistaken. I got to my stable dose after a few months of methadone(80mg per day). After about 2 years I began a taper which was -10% of dose every week then -10% every two weeks once below 20mg. It takes a long time but it's worth it as there are almost no withdrawals until the end and by then it's manageable. Switching to Kratom is just one addiction to another. Kratom is also very expensive whereas clinic accept most insurance. Kratom is great for reducing occasional cravings post completion of opioid maintenance. Currently I find my self using Kratom too often but the withdraw is very light and and a normal dose of Imodium will subside any withdrawals. Kratom is great for curbing OCCASIONAL cravings but should be used in moderation with self control.</p>	2020/11/12 at 7:31 pm	#addiction #opioids
Natga Natalia	<p>This will help big time. It will even bypass any withdrawal you would feel if you stopped the suboxone Before weening. Kratom is truly a miracle substance. I used opies for 2 decades. Now I'm completely sober. It's pretty fabulous.</p>	2020/11/13 at 4:16 pm	#addiction #opioids #withdrawal
Skip	<p>I prefer Red Meng Da myself, to me it's the closest to opiates in feel. The Bali tends to make me very nauseous but it does work on my pain. If that's not enough just take another teaspoon until it is. I was in a wreck in 2014 and f'd up my back and Dr's don't seem to give a shit about my pretty severe chronic pain, kratom was a god send when</p>	2020/11/14 at 1:24 am	#opioids #pain

	I found it in 2018. If the kratom is good quality usually 1-2 teaspoons does me pretty good for a few hours.		
Bob	Had a similar experience with the pain meds after my 5th back surgery last year. I mainly use the red vein kratom for pain relief and relaxation. Bali,Bentuangie,and even the chocolate Borneo seem to be most effective on my pain. I dose about 6 grams in AM(about a full tablespoon),and then again before bed. If I need an extra dose at mid day(especially cold and damp weather),I'll take another 6 gram dose.	2020/11/15 at 6:51 am	#pain
DB	I have been taking Kratom for 2 years now and still only take 1.5 gram at a time. (I am 5'9" and weigh about 220lbs.) I have Fibromyalgia so I'm in pain every day of my life.	2020/11/15 at 12:13 pm	#pain
894 Kim	Green strains always work for my chronic pain...I have had 6 surgeries and Green Kratom works better than opioids for me	2020/11/15 at 6:29 pm	#opioids #pain
Ed McLendon (2 comments)	Kratom works for pain and that is why I take it everyday. I do not have a family physician who will give me anything for pain. I tried to get help but there was none out there for me. I heard people were using kratom to wean off opiates. I do not have that problem. I tried it for my chronic pain and it worked! I treat kratom with respect because I know it is addictive. Every six months I wean myself down to zero grams very slowly over the course of about a month. This keeps my tolerance levels from getting too high. Yes the pain comes back and I tolerate it the best I can. Three grams three times a day is a sufficient minimal dose for me today. Digital scales are a must for accuracy when slowly dosing down.	2020/11/16 at 2:32 pm	#pain
	After taking 12 grams of kratom every day for about a year I quit without thinking about having any withdrawal. At day three I realized what was happening and started back on kratom and tapered down to zero over the course of about a month. I managed to take three equal doses per day with the help of a digital scale. I made a tapering schedule chart and stuck to it. Tapering this way minimized my withdrawal. I had no withdrawal when I approached zero. The pains that led me to find kratom certainly came back. I started taking kratom again and I am taking between 12 and 15 grams a day now. No dose is larger than 3 grams. The best part about kratom is that it works for my pain plus it certainly improves my moods. No doctor is needed but you must be	2020/11/26 at 12:24 pm	#pain #depression #mood #withdrawal

	a responsible adult and use this stuff accordingly. When its time to quit for whatever reason, please taper slowly and save yourself from pain and depression.		
Winona	I have dealt for years with anxiety that is literal and physical and hard to deal with. I became alcoholic to deal with things I couldn't deal with, which as everybody knows is no way to deal with anything. I had counseling forced on me by my job, no help, they all kept throwing pills at me. I started taking kratom to sleep after years of insomnia (that can make you feel crazy all the time), I'm now up to 3 doses per day: 5 grams in the morning, 5 in the afternoon, and 10 to go to sleep. I always use red. Green makes my anxiety worse . If I don't take my kratom the awful physical anxiety comes back, and I can just forget about sleeping without kratom. Three years and it still works for me.	2020/11/17 at 9:51 am	#alcoholism #anxiety #sleep
Heather	Keaton has been a God send for my insomnia. Have you noticed any changes to your hair? I have never had something help me chill out and focus this much, ever but now I'm tapering and noticing less hair shedding. I am at a loss.	2020/11/17 at 11:20 am	#sleep
Jas	I take about two to four grams every six to eight hours. Totally eliminated caffeine from my regiment as it would always make me too jittery and since I quit coffee I've had a really set schedule with my sleep/wake cycle. Asleep by 10pm most nights, awake rested around 5am-6:30am without alarms. I also take melatonin around 9:30 if I am not naturally tired. I think that's why my first doses make me feel more energized without the jitters like pumping coffee for the first half of the day would do, but with less focus than the kratom. I also take mine mixed as a rue with water and then cut it with 1 cup of green juiced fruits and spinach (I prefer boathouse green goodness as it's the cheapest store bought juiced fruit and really cuts out all bitterness of the kratom with the right ratio) and it tastes GOOD. I've been doing it this way for over a year. When my husband and I struggled to quit drinking we started using kratom in situations that would typically trigger us to want to have drinks. It worked so well, my husband is in construction, I get stomach ulcers, so we decided to start using it in place of all other pain relievers and with his chronic joint pain and my severe manic/depressiveness we decided to make it a daily part of our health and wellness as it brought balance and consistency that we had never had before. Completely changed the course of our lives. Before we were always living paycheck to paycheck and were unreliable and two years later we have built up our credit, gotten married, have three happy pets, and are saving to build a house.. all things we previously had been avoiding or putting off... I	2020/11/17 at 5:05 pm	#alcoholism #depression #energy #sleep

	had known about kratom for coming on a decade now and thought it could only be useful for helping people with opioid addiction. My mother uses it daily, my husband, his brother and myself and many of our older family members who have been dependent on opiates from doctors are making the switch too.		
Louisa	On my lowest dose of Kratom I used to take 6 tablets at once 3-4 times a day with a low effect after 10 years on opiates. I would say 10 at once is "normal" (lack of a better word) if a person has been using for a long time and that dose three times a day is averagish...I was hospitalised for tachycardia due to withdrawal.	2020/11/18 at 11:07 am	#opioids #withdrawal
Jerry Lynn	I started taking Keaton to wean myself off of Tramadol. After 1 month I had a blood test and my liver enzymes were elevated. I was taking another 12 grams a day. I have cut back to 4 a day. I am scheduled for another blood test. If it is still elevated I will not take anymore. I am hoping a reduced amount works because I have slept well with no hangover.	2020/11/19 at 6:46 pm	#opioids #sleep
Megan	I deal with the same issues of extreme anxiety. I've went through so many different types of Kratom strains. I have found for me, Red vein maeng da, trainwreck (if you can find that blend) it's amazing...and white bali has been a huge relief for me. Also, I started taking 750 mg of GABA and 100 mg of L-theanine with my kratom and my anxiety is totally gone! I've went to the ER as well with horrible anxiety attacks I thought I was having a heart attack. Don't feel embarrassed, it's a horrible thing to experience that I wouldn't wish on my worst enemy. I hope this helps if you'd like to try the GABA and l-theanine with the kratom strains.	2020/11/21 at 6:06 pm	#anxiety
Ardechedude64	I take daily mix of Maca with Kratom for few years, that helping me control my OCD problems and arthritis pain, i not have a secondary side effects, i on my 60's and this mix increase my libido and prevent me for ER and given me mote stamine on my daily mix effects depend of the quantity and the strain, 7.5 mg of Indo Kratom plus 10 to 15 mg of Maca prefers black Maca instand red maca, as well my Kratom dosis of green or white MaengDa in the morning given me a energy and a bit of euphoria, on the nights i Mix Red Maca with Red Kratom in large quantity, make me more sedative and make my nights longer lately working Early AM hours and that powerful mix make be alert and wake all shift. So far so good and i recomended this mix	2020/11/23 at 5:22 pm	#energy #pain
Rick	I use kratom on a daily basis for weeks and quit using it and no bad side effects other than a little cranky and maybe a headache just like if you quit drinking coffee or Coca Cola....	2020/11/24 at 12:52 pm	#withdrawal

dickiet	have found kratom to be cheap, the withdrawals light, and the taper extraordinarily easy. That's me. But I suspect that this is the likely the norm...I am about 3 teaspoons a day for two years.	2020/11/24 at 6:59 pm	#withdrawal
905 Louise	Subs are hard to kick more so than any opiate I have been on. I literally thought I was dying. Kratom definitely helps ease some pain and gives you energy at the same time. My first week off subs I was way to sick to take anything and wished I sucked it up and drank Kratom in my coffee I've stopped before and drank kratom but always went back to subs. I started taking subs to kick my blues but I really wish I didn't because personally that was harder to kick than anything even heroin when I was younger. I'm looking for dosage info, I put about 1/2 tbsp in my coffee in the am, hate the taste, but my legs are still restless. I hate this feeling in my legs. It's driving me nuts. I'm still a little sick from stopping subs, low energy, don't feel like socializing, my damn legs. I've tried smoking but it doesn't help. My muscle relaxers only help a little at night with a sleeping pills but I'm still waking up restless after 3-4 hours. I just want to live a normal, sober life. I'm so sick of this. I miss having energy and feeling ok. I have arthritis in my hips and back and just want normal sleep at night, no tossing and turning.	2020/11/26 at 1:25 pm	#energy #pain #opioids #withdrawal
LJ	I was on a 200 mg time release Tramadol tablet once a day for 4 years, until some Dr. told me he would not prescribe it anymore, did not feel my MRI showed that I should be in pain. Quack. So I stopped cold turkey. It was the most horrible feeling. I got chills, nausea, headaches, and my back pain had returned full force. Then I heard someone mention that Kratom helps ease withdrawal symptoms. Well, it is a miracle worker. That was January 2016 and I still enjoy the pain relieving effects of my daily Maeng Da kratom.	2020/11/26 at 3:02 pm	#opioids #pain #withdrawal
Michael	I've been on 80 mg oxy for several years due to a broken back and it being inoperable. And before that the fentanyl patch 100. I have to have some kind of pain med or I cannot walk or get out of bed in the morning. Red Bali 10grams first thing in the morning then re-dosing every 5 hours 4 to 5 grams has made detox literally at zero discomfort. This is not a recreational herb. This is a godsend.	2020/11/27 at 10:31 am	#opioids #pain #withdrawal
Dave	I have had same anxiety issue all my life. Been taking kratom 3 years straight everyday. It helps with mood and energy, but xanax is still number one for panic attacks.	2020/11/27 at 1:09 pm	#anxiety
Andy	I got off all my meds using Kratom and cbd together. 10 years on meds Hydro ,soma and gabapentin. I dont use any of them anymore !! Kratom worked well for me	2020/11/28 at 11:03 am	#opioids
Susan Mitchell	after 15 years of on/off soma, xanax, for spinal injury, then 10 months of percocet, went to detox md for suboxone, it was the worst 4 years of my life!!! Pain relief, yes that is why he put me on it, said for chronic pain and do not need other meds.	2020/11/28 at 12:11 pm	#addiction #opioids #pain #withdrawal

	<p>made me gain 30 lbs, small frame person, had no desire for pain pills, but overweight, pain started (after 4 years, 2 strips a day) in a total fog, short term memory loss, I was a mess!!!!</p> <p>I trusted MD, supposed to be best!!! He stated I would be on suboxone for rest of my life,</p> <p>One day, after nearly losing my family, I went off cold turkey worst withdrawals ever, as a health care prof, it was all my secret! I had restless legs, shaking , insomnia, but the Lord got me thru it!!</p> <p>that was 4 years ago, I had 6 other back surgerys since, no opiates for me, Take 1.5 grams of red bali in am, and lost over 40 lbs, feel great and positive, the occasional muscle relaxer is needed if I over do things, but I have my life/work and family back</p> <p>Mind clear and happy, If I stayed on suboxone, could have never gone thru necessary surgeries, and I would not be around,</p> <p>...Krotom is great for me a little does a lot!!! ...</p> <p>Of all the Rx's I have ever taken, I believe SUBOXONE to be the poison on this planet, something to get you off opiates caused me more damage, who doesn't want to be present in their life? Suboxone put me in a 4 year mental fog and made me so impulsive and the Queen of bad choices.</p>		
Britt	<p>I'm an Oxi addict and every month I get my supply and within a week they are gone! I'm left miserable depressed anxiety ridden no energy and sometimes just a puddle of tears. I did my research trying anything to get me out of my hole I put myself in everytine and I went down to my local smoke shop and by the help of a wonderful cashier she got me some powder and pills currently took two scoops of it and 1 pill and I'm in heaven finally peace of mind!!</p>	2020/11/28 at 4:53 pm	#addiction #anxiety #depression #energy #opioids
A Dude	<p>Was averaging 30mg/day oxycodone until 16 days ago. Stopped cold turkey. I started with 4g in the morning, 2.5 11am, 3pm, 7pm. Not going to say it's a miracle but the withdrawals could be much worse. Right now I can't decide if it's building up. Last 5 days I have had headaches in the afternoon.</p>	2020/11/28 at 9:12 pm	#addiction #opioids #withdrawal
John	<p>I started on a heaping spoon full of powder, 4 or 4 grams(?)this after 2-300mg oxy per day...The Kratom "will" work, it really does, but it helps if you convince yourself that you are in total control.. It will take away the physical symptoms, but some people can give their self symptoms just by worrying and convincing themselves they need whatever they were taking when in fact they don't.</p> <p>Now I take 3 grams twice daily and want no pills at all, it's been 10 years or so. I could take less, I've missed days with no Kratom and it was no big deal at all, just rather have it. When first starting I would eat the dry powder, it's supposed to be nasty tasting, didn't want to create another ritual. I had quit after a few months, but started back with the kratom a couple years ago just for energy and pain relief.</p>	2020/11/29 at 2:40 pm	#energy #opioids #pain

Pam Folden	I was on strong opioids for 4 years decided I wanted my life back i started taking Kratom I never had the first withdrawal symptom... And I'm in less pain than I was taking 40 mg of oxycodone a day	2020/11/30 at 12:04 pm	#opioids #pain #withdrawal
Cassidy (2 comments)	<p>I successfully and permanently quit taking Oxycodone by 1. tapering my dosage, not slowly, but rather steeply (over less than 2 weeks from (6) 20mg pills per day down to (4) then (2.5), (2), (1.5), (1), (0.5), taking each lowered amount for only 2-3 days before stepping down the dosage again.</p> <p>2. As my dosage got down to about 2 pills and lower I began using the Red Bali strain of Kratom. My method of choice is to microwave about 1/2 of a mug of water to very warm (not piping hot or boiling), I then stirred in 1/2-1 teaspoon of powdered leaf, added some splenda and downed it in as few gulps as possible followed by water or Gatorade. You MUST hydrate because it is a diuretic. This was a pretty strong dose, which was necessary at the time, but it does give a relaxing, pleasant, and sedating feeling that is very much like an opiate... had stopped a high dosage of Hydrocodone cold turkey, and my former husband stayed by my side every night while caring for our 1 year old baby during the day (I was a stay at home mom who normally did 90% of the baby care, and loved it).</p> <p>Quick backstory: I had 13 major surgeries from age 36 to 49, basically one a year. 3 open chest, multiple ovarian and cervical, coccyx removal, finally a full hysterectomy, right shoulder and then right hip. Well meaning pain specialists and surgeons would have me on a morphine or dilaudid IV post-op, and then prescribe pain pills upon release from the hospital. I would always taper off the meds once my pain was manageable with tylenol. And then I would have to have another surgery...rinse and repeat. Following the 13th surgery (hip) I had severe chronic pain that would not let up, so a pain management Dr prescribed 5mg, then 10mg and eventually 20mg Oxy. I finally hit that point where I was craving more than my prescribed dosage, running out early, and it wasn't even helping with my chronic pain, only numbing my brain so that I was out of it all the time, sleeping constantly, and not being the kind of mom I wanted to be, because I wasn't "present". So, by this time my child was 10 years old. I finally quit for good in 2017. I can absolutely attest to the use of Kratom making withdrawal almost non-existent, and once all the oxy was out of my system I lowered my kratom intake dramatically, as in only using it on occasion for severe pain. The rest of the time I get by on Naproxen Sodium (prescription strength Aleve) and Gabapentin (a non narcotic which helps with a number of medical issues besides pain).</p> <p>I've had bloodwork, MRIs and CTs numerous times since I began using Kratom, and my kidneys, liver, pancreas, heart, lungs and brain are all good. I have read unsubstantiated reports of Kratom causing liver damage and high blood pressure, but my liver is healthy and I have low blood pressure 100/70 or less. I've actually hoped Kratom would raise mine a little because low BP makes me feel faint (a side effect of Myasthenia Gravis).</p> <p>I have never had feelings of withdrawal from Kratom, and sometimes go weeks without using it. I really do reserve it for pain so severe I scream into my pillow. I don't want to take it daily, despite the feeling of euphoria that it can give. I know it's in my cabinet,</p>	2020/11/30 at 10:32 pm	#addiction #opioids #pain #withdrawal

	<p>but don't crave it. If it were a bottle of Oxy I'd be chewing up 2 or 3 pills, or worse...snorting it! Through the well intentioned practices of my doctors I am officially a recovering opiate addict.If Kratom operated in the brain the same way "true opioids" do, I wouldn't be able to get enough of it.</p> <p>I can only speak for myself, but I credit Kratom with making my FINAL time quitting Oxy an easy and pleasant experience. I can also say that, for me, Kratom is a lifesaver when my chronic pain turns into a bout of almost unbearable pain. Without it I would definitely be looking for a Pain Management Doctor to prescribe an Opioid medication, and my nightmare of addiction would start all over again. And just to repeat (in case of trolls who didn't read thoroughly) I now only use Kratom for sever pain maybe a couple of times a month, or less. I am not a daily user. I did not replace my 6X a day Oxy addiction with daily Kratom use. I use it in a "break glass in case of emergency" way.</p>		
	<p>Kratom is a lifesaver for withdrawals, and I haven't touched Oxy in more than 3 years since quitting with the help of Kratom (Red Bali). And once I was through with withdrawals I easily and painlessly stopped using Kratom daily. I now use it only when I have severe pain. That's what works for me, because I didn't want to replace daily Oxy with daily Kratom, even if it is a much much much healthier alternative. I've learned how nice it is not to be in a fog and to have clear thinking!</p>	2020/11/30 at 11:04 pm	#opioids #pain #withdrawal
Joe	<p>Recovered 10 yrs sober. 64. It's fantastic. 6 mos. use it when my shoulder injury acts up. I have no desire to drink.</p>	2020/12/01 at 2:58 pm	#alcoholism #pain
Barbara Ann Pan	<p>I have extensive firsthand experience with withdrawal from opiates; heroin, morphine and the worst by far was methadone. I went to the clinic to get help, and ended up with a five year medically sanctioned addiction that was as crippling if not more so than the street drugs. Ultimately, I quit myself with titrating down and then once at low doses, just bit the bullet.</p> <p>It would have been brilliant if I'd known about kratom back in those days! I still suffer from considerable chronic and acute pain with different conditions. I manage quite well with fairly low dosages of kratom daily, supplemented with turmeric tea.</p>	2020/12/02 at 2:42 pm	#opioids #pain #withdrawal
Misty Brown	<p>2 teaspoons of green Malay once a day is all I need to stay pain free, happy and sober...</p> <p>'In 2008. I was diagnosed with degenerative disc disease(L4-L5) and epilepsy. That began a whole slew of different kinds of pain pills, injections, doctors' appointments and pharmacies. I noticed I started becoming addicted to pain pills after I lost my house and my job in 2009 due to my health issues. That and issues going on in my home life slammed me into a deep depression. From then on I couldn't function without a pill. I'd be so out of it for 2 weeks out of the month because my 30 day supply would only last me a couple of weeks. When I wasn't pillled up, I stayed in bed and</p>	2020/12/06 at 2:26 pm	#addiction #opioids #pain #withdrawal

	<p>only did the bare minimum in life until my next doctor's appointment. My pill cocktail was Oxycodone, MS Contin, Soma, Klonopin and fioricet.'</p> <p>'I was fired from my pain management clinic in April 2019 because I didn't show up for a per contract pill count. I knew I was 11 pills short so I just didn't show up! From May to June my kid's father came out here for my second daughter's graduation. I had already gone through detox and I think he helped occupy my mind. My plan was once we dropped him off at the airport, I was going to start looking for another doctor. Instead I watched Leaf of Faith, a movie about kratom, on Netflix on June 25th 2019. I learned that kratom is a Southeast Asian herb that many are using for pain relief and to treat addiction.'</p> <p>'The very next day I went to the local smoke shop and bought some Kratom. And here I am today, sober and staying sober because of kratom and weed! Kratom not only brings my pain level from a 10 to a 3, it also stops the opioid cravings and elevates my mood along with the marijuana. I am a brand-new version of the old me. I am a thriving and functioning mother and member of society again. Kratom and marijuana are the tools I need for sobriety. In all honesty, I am still amazed that I'm alive today. If you think Kratom doesn't work, then by all means ask me how I am sober, sitting here typing this out. I and millions of others are living, breathing proof that kratom works! Kratom is FREEDOM, kratom is LIFE!'</p>		
Audrey	I used to drink heavily then got into opiates for years, which helped me cut down on drinking but then kratom got me off opiates with NO withdrawal and I rarely drink any more. It's amazing. It saved my life from alcohol AND OxyContin!	2020/12/07 at 9:38 pm	#alcoholism #opioids #withdrawal
joe	The first kratom I ever tried and after 25 years of fibromyalgia pain I was free again. Thanks to white thai my life is almost 100% back again. I use it every morning.	2020/12/09 at 2:14 am	#pain
Amber	I had same horrible experience with suboxone!! I ended up in the hospital 2 days after my last dose and I also will never put myself in a position of needing the crap again. I have a metal rod in one leg that is 2 inches shorter than the other. Long story short I have excessive pain and trouble walking. I take green mang da daily. I take 8 grams 3 times a day but I have been taking kratom for 2 years. It is best to take breaks for best results but I think it's the addict in me that doesn't want to go without. I have kicked opiate, suboxone, and meth addiction. Kratom doesn't get me high....at all. But it satisfies me and is major help with pain. I like the green mang da for the energy kick it gives. Take on an empty stomach and wait a few hours before you eat. Hiwerver it is tricky bc you can become nauseas if you over do it. It took me a year to figure out what	2020/12/15 at 9:03 am	#opioids #pain

	was best for me and sometimes I wonder how I could reboot my system without taking a break but over all I am happy with Kratom.		
Empressa	I usually take about 1 gram white (for fatigue and to help manage ADHD) and 1.5g red (for pain) in the mornings and afternoons. White borneo is one of my favorite strains for helping alleviate fatigue and keep me alert!	2020/12/15 at 1:22 pm	#fatigue #pain
Jessica	It worked for me and I went cold turkey off nearly 10 years of strong opiates. I have severe pain from fracture throughout my spine. Get red maeng da	2020/12/17 at 10:21 pm	#opioids #pain
Jank	I drank the White yesterday and in 4 hours it gave me my first anxiety attack in 20 years. I had to throw my clothes on and run up and down the street for 5 minutes in the pouring rain. Go red.	2020/12/25 at 12:10 pm	#anxiety
Nick	Usually a teaspoon is the equivalent of about 4 grams and when I used it for oxy withdrawal I would have to take 3 teaspoons every 4 hours for the first few days then I was able to cut back two three times a day the following week then twice a day the third week and after that I only used it when I felt lethargic but keep in mind I was taking 90 to 120 mg of oxy a day for almost 5 years	2020/12/26 at 7:35 pm	#fatigue #opioids #withdrawal
Lemmy	My experience with kratom is different. Red Bali is as effective (for me) as hydrocodone which doctors are increasingly refusing to write. I stock kratom by the kg and have no issues with osteoarthritis. Doctors tell me to take Tylenol and get a yoga mat. Not all strains of kratom work for me, but red, green, white Borneo and Red Bali certainly do! Other experiences may differ but this stuff is a life saver	2020/12/27 at 7:37 am	#opioids
Courtney	As an ex Heroine user.....white vein kratom saved my life!!!! I NO longer want the use of opiates! Praise the Lord! Being an addict has consumed the majority of my adult life. Being a functioning addict is by far the worst. We tend to keep skeletons in our closet because that's what we do best. Thanks to Kratom I dont have to live like that anymore. And I'm proud to share this!	2020/12/27 at 8:50 am	#addiction #opioids
Tziporah	I'm a long time opioid addict , clean for 3 years . Very tolerant so I typically can take 4 grams every 4 hours no protein. Can also skip days and weeks without withdrawals. It's a miracle !! Red Bali for Pain... Maeng Da for morning energy and pain relief	2020/12/28 at 12:46 am	#energy #opioid #pain

Bonnie	I've been taking opiates also for many years. Have tried Kratom for 3 years + with NO PROBLEMS. If you want the best in my opinion you can get Maeng Da white Kratom for daytime, & Maeng Da Red for sleep time. Each will prevent "restless leg syndrome." I see a pain specialist which I am trying to wean away from. He has me on 40 mg. oxy & 2 time release morphine per day. 15 m.g. each Not a huge dose, but I am tired of pills...I only take a teaspoon, works fine. You will build up a tolerance after awhile, use it sparingly.	2020/12/29 at 8:51 pm	#opioids
Vapor Demon	I was on suboxone for many years everyday and while everyone's bodies differ I can tell you if you do get the high from suboxone that they said i wouldn't then you may end up needing a very heavy and frequent dosage until you get the suboxone out of your system. At first I didn't think kratom was working until I tried 15 grams and then I knew it was working. I was on 15 grams every 6 to 10 hours for a couple of months before I was able to taper it down slowly. As far as the dosage I use a little disposable shot glass to judge but weight is the best way. I'd grab a cheap scale a Walmart if you can. For me three full teaspoons full(moderately heaping) was close to 15 grams but I'd try two and then see how you feel. Also for the taste I recommend using milk or almond milk drink some first to coat your taste buds and then you won't get as bad a taste. Try white mangda for a better tasting strain, and just toss it in and chug a huge gulp trying to swallow all the kratom in one shot. Otherwise invest in the little press to make your own capsules so you aren't paying out the wazoo for the premade capsules...I might be dead now if I hadn't switched.	2020/12/30 at 11:36 am	#opioids
Dotty	I used Kratom to wean off prescription opiates.I used 5g of powder (I got it down using toss and chuck method !!) each time I had even the tiniest withdrawal syptoms,so around 4 times a day.It does sound a lot written like that,but I got through it in 2 weeks.I will not tell you it was easy ,but I was not ill in the way I had been when I tried to go cold turkey.The main thing for me,is the fact that I did it.	2021/01/01 at 7:40 am	#opioids #withdrawal
932 Alan	I've been using Kratom for 8 years. I have had high blood pressure managed well with Rx for the duration. I did not need any adjustment to my Rx meds for HBP when I started Kratom. In my experience it can have a modest lowering of BP. Of course, this is a sample of one and YMMV.	2021/01/02 at 4:00 pm	
Joe	I have chronic pain so they put me on oxy codeine and like most people I'm out within like eight days because they don't give me enough I just happened to get Kratom it was 600mg capsules red vine and I am having a problem getting the right dosage but I got to say I take one every couple hours and my got it helps considerably I'm hoping tonight that I'm going to take a couple before I go to bed hoping that I can sleep through the night because I wake up in the middle of night and it feels like I got bugs	2021/01/04 at 6:14 pm	#opioids #withdrawals

	crawling down on my legs and just very uneasy feeling I guess going through withdrawals		
Kim	<p>So I've been on 100 mg of Tramadol every day for 16 years due to back pain from degenerative disc's yet I also liked that it stabilized my mood and got rid of all my anxiety. I know it's a small amount but I've been on it so long that I know coming off even those 2 pills a day had me in horrible withdrawals as I've tried stopping it a few times now over the years. I decided it's not worth it to keep taking these damn pills so I tapered down to 50 mg a day (1 pill) and then to 25 mg a day the week prior to Christmas. The day after Christmas I took my last 1/2 of a pill. I had Kratom so I started Kratom (about 8-10 capsules) 4 times a day starting on Dec. 27. I now am taking Kratom 2 – 3 times a day. I have had very mild withdrawal symptoms from the Tramadol doing this but now I'm afraid to stop taking the Kratom and have bad withdrawals start up but I also don't want to keep doing Kratom daily. I can tell when the Kratom is wearing off that I'm getting moody and having RLS and just am achy...I have been trying to wait longer and longer before taking another round of Kratom. Since it's been about 10 days straight, should I try taking a break from Kratom for a few days or is it ok to keep taking it daily for another week or so? I don't want to build up a tolerance and have to increase doses but at the same time this has been a lifesaver for me both for work and personally and don't want to just stop and go through anxiety and pain. Any advice would be so great! Also any vendors that people really like would be helpful too! I have been taking red Bali and switching it with gold but the gold doesn't seem to do anything for me actually. I am thinking of trying a white during the day and red maeng da. Not so sure about the greens...</p>	2021/01/04 at 10:37 pm	#anxiety #opioids #pain #withdrawal
Jesus mad (2 comments)	the Mang da has worked for me so I stick to it it's relaxing and overall good mood good feeling	2021/01/06 at 11:08 pm	#mood
	I was taking 8 mg Suboxone strips for a year and I heard about kratom and it forsure helped me it's been a year I still drink it but I can stop drinking it and in ok but it helps forsure and it's good	2021/01/06 at 11:18 pm	#opioids
Marc	I'm an "old guy". I've been mixing only about a half teaspoon of powder into about 8 oz of grapefruit juice. Must stir very well and repeatedly to make sure the powder is fully blended. Effects are quite remarkable actually....especially a palpable feeling of "well-being", anti-depressant type effect, and definitely a reduction in all bodily aches and pains. However, it is possible that kratom is the cause of some extended stomach problems, including incessant gurgling and "roiling"....because when I stop kratom for	2021/01/08 at 7:51 am	#mood #pain #sleep

	a few days my stomach calms down back to “normal”. Also, kratom, in my experience, may be causing wakefulness at night.		
Kikki	I was a 1/5th a day drinker, and closet heroin and meth user. Ive been to prison for my substance abuse and just about every sobriety program available in my state. I even lost my daughter when i lost myself to alcohol and drugs. An abusive toxic relationship added to my depression, anxiety, PTSD giving me night terrors every single night leaving me sleepless and craving any form of sedative available. I had taken kratom before i had gone to prison but still using other substances it was just another variety for my cocktail. When i finally got out of prison i vowed to try all over again but stick to strictly kratom teas and capsules obviously being on probation any other substance in my body could send me back to prison. So far i am doing extremely well. I experimented with all the strains available usually going a week on each type to see how i feel. After months of trials i found that White Bali seems to be the perfect balance of effects for me. It gives me a little bit of an opioid feeling which for me helps my PTSD and anxiety, when my anxiety is at ease i find that it gives me more energy and focus. I take 3 teaspoons 2 times a day. Usually mix powder with a little water (like taking a big shot at the bar) and ill tell you the honest truth... Kratom is saving my life. I went from rock bottom to being a normal human with a normal job and husband and home and most importantly a mother again all thanks to Kratom releasing me from illegal ties.	2021/01/08 at 10:38 am	#addiction #alcoholism #anxiety #depression #opioids #sleep
Leia	I use small doses of kratom extract to help my ADD. It helps keep me motivated and active. I used to use Vyvanse and Adderall but I work with people and the irritability and weird inability to navigate social situations that comes with using those drugs is a problem (my sense of humor completely disappears). The only problem is moderating it so that it stays a stimulant, and doesn't make me sleepy.	2021/01/10 at 12:30 pm	#mood #sleep
David	After 13 years on M'done and two unsuccessful attempts to ween myself off, after my 4 yr old grandson asking me why I'm sleepy all the time I knew I had to find a way to make a clean break. That's when I got online and learned about Kratom. At 70 mg to start, I began titrating at a rates of 5 mg every month since I had monthly take home privileges. After a couple months it seemed to be going too slow so I opted to switch to two weeks of take homes. Then at 40 mg I switched to weekly take homes so I could go down 5 mg each week until I hit the 25 mg mark. Then I began using Kratom between doses to settle the restless legs and restlessness I was feeling late at night. I also switch the titration rate from 5mg/ week to 2 or 3 mg depending on how the week went. Now I'm at 12 mg and feeling like this is really going to work! I use Ultra Enhanced Meng Da 1-1/2 to 3 tsp which carries me through from when the M'done dose effect begins to wane until the next mornings dose. Because of how well it's	2021/01/22 at 6:45 am	#addiction #fatigue #opioids #sleep #withdrawal

	<p>going, I have no sense of dread that I'll have to suffer through months of restless legs and sleepless nights while my body transitions.</p> <p>I am a 65 yrs old now and can say with confidence that 40 years of heroin addiction and 13 years on methadone is finally going to be permanently in my rear view as I anticipate my greatest days ahead living life to the full! Don't give up man, every day is a gift!</p>		
Jenny	<p>I take about a teaspoon and a half in the morning as soon as I wake up, red maeng da powder mixed with about a half cup grapefruit juice and then a little more juice in another cup to chase.. although I don't think it's that bad. Like real strong tea.. a little bitter. I know my measurements aren't ideal but when I started I didn't have a scale. I don't know about anyone else but it has helped me so much with opioid withdrawal. Im new to the whole Kratom thing</p>	2021/01/24 at 5:39 pm	#opioids #withdrawal
Kristine	<p>I took dependence breaks with opiates monthly. I was so terrified of becoming addicted to them. There's also a difference between addicted and dependent. I depend on Kratom for daily pain relief but I don't feel addicted if that makes sense. I went cold turkey off the opiates. I have an autoimmune disease and was told I have fibro. Not sure I agree or not but I was in pain daily. Mostly from inflammation in my joints, eyes, ears and the lining of my brain and spinal cord. Going temporarily blind was terrifying. I feel like the pain is not excruciating but I feel like going days without relief makes it hard on me mentally. I'm sure people with chronic pain will know exactly what I'm talking about. So I started searching the interweb for natural pain relief options and learned about Kratom. Read a lot of articles and then found an herbal shop that specializes in it. Having knowledgeable people to discuss it with in person has been amazing. It was opened by a medical doctor who decided to switch to homeopathic natural medicine. I've not talked to him about dependency breaks and for some reason don't feel the need as much as I did with the opiates. I think this is a very personal decision to make. My old routine was to take a 5 day break every month. Even with the opiates I never really had withdrawals like I've heard of. The worst part was not being able to sleep and feeling way more tired for the first couple days.</p>	2021/01/30 at 8:39 pm	#addiction #opioids #sleep #withdrawal
Jay	<p>I am finding very inconsistent results taking kratom. I have been taking 3g, twice per day, for about two months. I keep three bottles on hand: red, green and white, all maeng da. Some doses give me a great, opioid-esque energy. Some doses give me nothing but a headache. Some doses give me nothing at all.</p> <p>I have tried to find a solution but I'm stumped. Sometimes the morning dose works, other times it's the evening dose. Sometimes neither, sometimes both. I have tried dosing on a full stomach, empty stomach, and a small snack – but I can't find a link</p>	2021/02/01 at 2:11 am	#energy

	<p>there. I haven't found that one strain works more often than another, it seems to be completely random. I've also tried raising and lowering my doses 1g in either direction, with no success.</p> <p>... I was thinking maybe it's because I'm taking two doses per day, but then I remembered I was noticing the same inconsistencies when I was only taking one dose per day. Any help would be greatly appreciated.</p>		
Chris	<p>Back in 2018, I was addicted to opioids (I have no idea what they were btw) to where I couldn't go more than 10 hours without it. I actually went cold turkey and all withdrawal symptoms went away within a week, BUT IT WAS TERRIBLE. HORRIBLE. I then relapsed 3 weeks later and after a month I was introduced to kratom and quite the use of those opioids. I got my friends that were hooked off of those things. Some had a bad reaction to it like nausea but they took too much in hopes of getting rid of the withdrawals. I didn't have a scale but roughly 6 grams (a rounded teaspoon) was the sweet spot whenever I felt the chills and slowly I tapered to 3 grams (half a teaspoon) once in the morning and once in the evening. You definitely still build tolerance so when I would catch myself taking 12 grams or more I would just take away one of the doses.</p> <p>I'm still a daily user of kratom and now I'm better at regulating my doses to 6 grams a day maybe 9. But the performance and mood boost is worth it since I work in a high stress, fast-paced restaurant.</p>	2021/02/09 at 3:34 am	#addiction #energy #opioids
Mary Maclachlin	<p>Super green Meing da great strain. I suffer from a genetic blood disorder my joints are always hurting my lifespan is not going to be a long one. I find my head a lot clearer if I do Kratom. Some days I need it some days I don't. I don't know how they do it but I can live now.</p>	2021/02/12 at 7:30 pm	#pain
arizona	<p>knew to kratom been taking for couple months now atleast but normally take the 0.5 grams capsules... I normally take 4 at a time of the 0.5 gram one's ...I feel its better the kratom than taking opiates which I've batteld for years and don't want anymore</p>	2021/02/15 at 11:38 pm	#opioids
Cynthia Schultz	<p>The best kratum for pain i have found is Red Bali in the capsule form. I suffer from lupus which is extermly painful. I start out with 10 capsules in the morning and at night. It has been a life saver for me. Hope this helps feel better.</p>	2021/02/19 at 4:01 pm	#pain
Beverly Clendenin	<p>I have been taking high doses of Kratom daily for several years. I am a 70 year old female with scoliosis and severe arthritis in my spine. Kratom works better than the</p>	2021/02/22 at 4:15 pm	#pain

	pain pills I am prescribed. I had thick beautiful hair but started noticing it falling out in larger and larger amounts. I have noticed receding in front as well as the long strands all over my head. Time to stop using this miracle cure for pain. Saddens me.		
Michael	I used to be a heroin addict for 20 years. I'm not gonna say that in order to stay clean, work, keep a job and not use heroin Keaton was the answer. It did however help with inadequacies (mood enhancer).... pain(which is why heroin started) and too touch on mood again... just feel air more engaged and enjoy what I'm doing. I believe kratom if not taken crazy... is not only beneficial but not bad for ya either.	2021/02/27 at 7:38 am	#addiction #opioiods #mood #pain
Jason	I have taken Kratom daily for 8 years. Every year I taper down and take a month to 2 break. I have never had any withdrawal symptoms like those mentioned in reddit forums...Tapering is like a slow acclimation. It takes a bit of time but with Kratom it's easy as can be to accomplish.	2021/02/27 at 6:14 pm	#withdrawal
Allan Crow	<p>I kicked 30 years of methadone maintenance 2 1/2 years ago using Kratom. I slowly weaned down to 15mg/day then tried Kratom for the very first time and much to my astonishment, it cut through the methadone. After that day I never dosed again. I just kept taking the Kratom. The Red Bali, Borneo and Maeng Da got me through an almost painless withdrawal(after 30 years of exposure). I started by taking 3 or 4 teaspoons of Red Bali every 4 hours. I have continued taking Kratom to this day to manage pain.</p> <p>As a sidenote: Once after about 2 years in I stupidly ingested 5mg of Methadone to see what effect it would have and it fucking near killed me. It was a horrible experience, and the best possible positive reinforcement to never(ever) go back or do it again.</p> <p>My tolerance to Kratom has remained fairly constant. It has far less affinity for bonding to your Mu receptors than any opiate.</p> <p>Because of that Kratom is fairly short-acting (2 or 3 hours) so don't be afraid to take it as needed when attempting to WD.</p> <p>I got relief every time I took it.</p>	2021/03/10 at 9:07 pm	#addiction #opioids #withdrawal