

## Communication from Public

**Name:** laura hughes

**Date Submitted:** 02/06/2026 10:24 AM

**Council File No:** 25-1357

**Comments for Public Posting:** Please consider my story when taking into consideration any regulations on NATURAL (not 7oh synthetic) Kratom Kratom has saved my life and my sanity. I suffered periodically from debilitating clinical anxiety since my teens (I'm now 70 years old). Panic attacks, shortness of breath, insomnia, racing thoughts, a cluster of symptoms that prescription medications did nothing to assuage. A friend recommended I try kratom twelve years ago and I couldnt believe the effects this had on reducing if not eliminating my symptoms. It was dramatic. I had been on disability for a year, unable to work as a project manager in a high stress construction industry. Kratom allowed me to return to the workplace almost overnight. I couldnt believe after no success with doctors, therapists, medications, a simple natural product restored me to health. I'm not exaggerating, although I'm sure it must sound like it. I have enormous gratitude that I have a solution to a crippling life long problem. One day you, or a loved one, suffering from depression, anxiety or insomnia may be looking for a remedy when psychotropic medication doesnt work. And kratom has NO side effects, at least thats been my experience. Please keep kratom legal and available, not only for me, and others like me, but for YOUR families too! Sincerely,  
-Laura from California