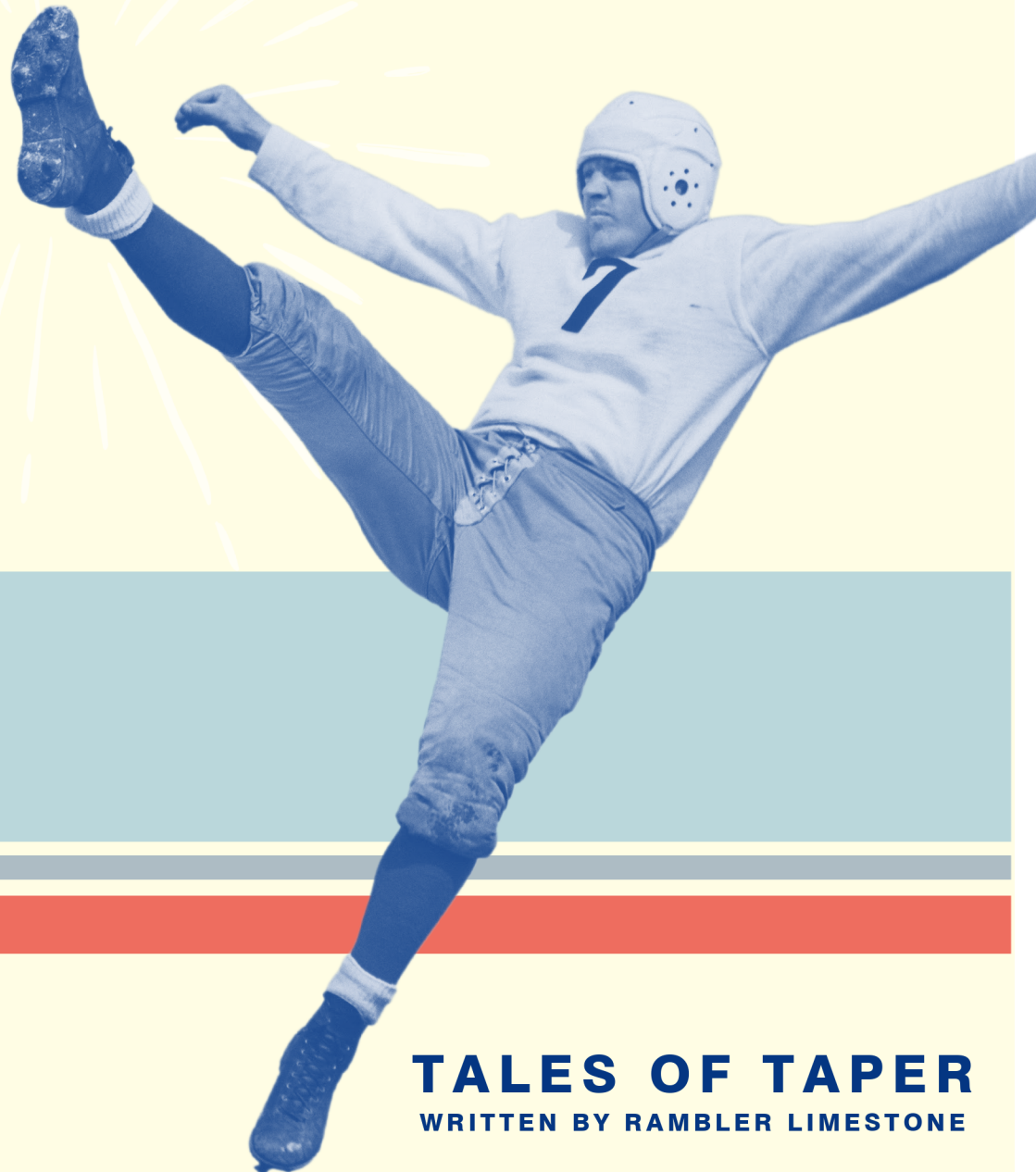


**HOW I
KICKED**

KRATOM

15¢

WITHOUT FEELING LIKE A FOOTBALL



TALES OF TAPER
WRITTEN BY RAMBLER LIMESTONE

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

The Basic Steps I Took *to taper off kratom with minimal discomfort.*

- 1. Established a badass reason.**
- 2. Visualized the possibilities of that reason.**
- 3. Stocked up on helpful *supplements etc.**
- 4. Established PRECISELY how much kratom I was using daily - use a scale.**
- 5. Set a time frame to get to zero, removing a set amount of kratom per day.**
- 6. Kept diligent logs of PRECISELY how much kratom I was consuming. Logging EVERY single time I took kratom and EXACTLY how much at what time. I took a little bit less kratom every day - 0.5 to 1g less daily.**
- 7. Forgiving myself when I backslid. It happens. Keep going!**
- 8. “Embrace The Suck” - This discomfort is progress.**
- 9. Maintaining helpful habits - exercise, hot showers, meditation, alone time, good music, good TV/Movies, going outside**
- 10. When I got off track, even again & again, I got back on.**
- 11. Adjusted the plan as needed, but stuck to it.**
- 12. Saw it through, got it done and celebrated my reason for stopping kratom!**

I am not a doctor. NOTHING IN THIS REPORT IS INTENDED AS MEDICAL ADVICE. The FDA has not approved these statements. Please consult your physician.

What Did I Learn About Quitting Kratom?

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Take Your Time. Take Your Measurements. Take Your Supplements. Take Your Credit.

Were You Misguided About Kratom?

If anyone convinced you that kratom can not be habit forming.... sorry, that sucks. Unfortunately, that was a common belief when I first found kratom. I subscribed to it and many people in the industry did as well. Some still do. While for most people, developing a dependence takes continued use over an extended period of time, that is not the case for everybody. Now, with these horrible 7oh products on the market, I am just glad I never tried those. Even with natural kratom it can suck to quit, especially if you do not have a plan! So, I've shared the plan I followed.

Consider Alcohol, Caffeine, Prescriptions and Sugar

We, as humans, tend to be more comfortable with things we understand. Alcohol can be VERY dangerous and VERY addictive, but we know a lot about it so most people are comfortable with it. Alcohol can kill you in many different ways. Caffeine can kill you too, and very often leads to dependence. Prescription drugs have been grossly over-prescribed, leading to inconceivable levels of addiction and death. Even sugar, once thought to be almost entirely innocent, is problematic. These substances all have varying degrees of dependence potential, and they all have withdrawal symptoms. Ever had a hangover? You've suffered withdrawals. Caffeine headache?! There you go. In my experience, it takes a *lot* longer to *get* a kratom hangover, but it also takes a *lot* longer to get rid of it!

In general, we understand the levels at which these common substances become dangerous and even deadly. We are in the very early stages of kratom consumption in the western world and while there are a growing number of accredited individuals studying the plant & its alkaloids, our breadth of knowledge is very limited. Nothing but time will truly show the long-term scientific effects of kratom consumption on the individual. In choosing kratom, an individual has accepted a certain amount of uncertainty, intentionally or otherwise.

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

BACKSTORY & DISCLAIMER

My name is Rambler, I am a healthy, gainfully employed male: Early 40's, 6'2" tall, 190 pounds and active. I have been a kratom consumer for over a decade and have worked in the kratom industry. I have experienced the best and the worst of kratom over the course of these ten years. Kratom is a powerful plant and while it works wonders for many, it is not for everyone and may not be "forever" for many.

PLEASE NOTE

Nothing in this article is intended as, and should not be interpreted as advice, medical or otherwise. Nothing is intended to be and should not be considered a replacement for medical treatment. If you have any kind of medical condition, please consult with a licensed physician as soon as possible. The FDA has not approved these statements. I am not a doctor.

*NOTE: In this report, *natural kratom is estimated at 1.25% Mitragynine and 2% Total Alkaloids. 1g of natural kratom is estimated to contain: 12.5mg Mitragynine, 20mg Total Kratom Alkaloids. In real life, kratom alkaloid content varies.*

I have never consumed 7oh, this only refers to my experience with natural kratom. I understand 7oh to be WAY worse and I'm glad I never got onto that one.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

MY KRATOM STORY

I discovered kratom in 2012. I first used kratom for increased focus, to aid in monotonous work tasks. I found it to be an effective, affordable tool. I also found that kratom curbed my desire to drink alcohol, which had become somewhat problematic in my life. I loved the sense of relaxed focus and well-being that kratom provided. I did not see any problematic side effects for quite some time. For my first three years, I remained very moderate in my kratom consumption, using only the natural leaf, consuming kratom no more than 5 days/week and consuming under 10g/day.

During a period of high stress, I became less diligent in my moderation and began consuming kratom daily, and got to about 15g/day. Still, kratom generally served me and had almost entirely replaced alcohol in my life. My health and fitness were much better than they were when I drank alcohol frequently. However, I also noticed that I felt restless and uneasy when I didn't take kratom. Still, I took regular "tolerance breaks," where I did not consume kratom for 5-7 days in a row, at least once a year.

HOW KRATOM BECAME PROBLEMATIC FOR ME

I entered the kratom industry in 2017, because I was (and still am) a believer in and advocate for the kratom plant. Unrestricted access allowed me to experiment with a vast array of kratom products and extracts. At that time, many kratom believers promoted kratom as "non habit-forming" and I let myself believe it to a degree and I did not take a break from kratom, for over two years at one point. The company I was with began carrying extract products, manufactured by leaders in the industry. With this unlimited access, my kratom consumption increased vastly! This led me to discover a darker side of kratom. Somewhere along the line it became problematic for me. I was consuming the equivalent of 50g per day at one point. I knew it was way too much, but I still looked at it as a healthier alternative to drinking, but at that level, I am not so sure! With that much kratom consumption, I became emotionally dull and sedated; I felt chronic fatigue. I was not happy with myself, so I decided to take a break. Attempting to stop using 50g kratom/day cold turkey, was not fun.

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

TRYING TO STOP 50g PER DAY – COLD TURKEY = MISERY

I felt uneasy and restless all day. I felt compelled to bounce around. I felt empty, hollow and unhappy. I felt cold even when it was warm and my ADHD was absolutely debilitating. The worst part was that I was unable to sleep without taking kratom. I felt terribly uneasy and I suffered from “restless leg syndrome.” In spite of suffering through the daytime, it still took two weeks of taper before I was able to sleep through the night without kratom. This experience utterly changed my perception of kratom, and I am glad I had it in spite of the pain. I still believe kratom can be a very useful tool, but it must be treated with respect and it is not a good choice for everyone, especially people prone to addictive behavior and substance abuse.

KRATOM EXTRACTS WARRANT EXTRA CAUTION

*In general, I don't think that extract products are not a good choice for regular use by the majority of people, especially if your aim is to use kratom to the advantage of your health, wellness and productivity. The exception to this rule may be people in extreme physical pain or those on a path away from more dangerous substances. But for the wellness-minded kratom person, moderation is strongly urged. If you choose to use extract products, it is important to monitor alkaloid intake and understand the comparison to standard, powdered leaf kratom. I also personally think that extract products hit harder even compared to normal kratom with the same alkaloid content. Southeast Asians have safely consumed *natural kratom leaves for centuries, but we really don't know much about the effects of these highly potent extracts, especially in the long term. In my personal experience, my life is better when I stick to using kratom powder in my daily regimen. When it comes to kratom for well-being, I firmly believe that less is more!*

CONSIDER: A single 15ml bottle of a leading kratom liquid extract product contains 600 mg of full-spectrum kratom alkaloid extracts, the approximate equivalent of 30g of *natural kratom! This is 3x what is generally regarded as a day of HIGH-END kratom use, in a *whole day*. Usually a “serving” is 3 grams, or 45–50mg of mitragynine. Beyond this, extract products are often more bioavailable, meaning the effects are felt faster. Many consumers love them because they “hit harder,” but that

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

increased potency and bioavailability may lead to increased risk of problems and withdrawals.

If a friend wants to quit kratom, or take a break, the first thing I recommend is that they eliminate extract products from their regimen as soon as possible.

*Natural kratom is estimated at 1.25% Mitragynine and 2% Total Alkaloids. 1g of natural kratom would contain: 12.5mg Mitragynine, 20mg Total Kratom Alkaloids. It is very important to know the strength of your extract, so I recommend only buying from vendors who present lab results from accredited 3rd party labs.

10g of Natural Kratom Per Day & 5 Days a Week – MAX

Every person is different, but what I have generally gathered is that consuming over 10g of kratom per day, for a month or more tends to be where physical dependence begins and withdrawal symptoms become likely. I have no idea what is true for others, but from most of the people I've talked to, that seems about right. Some people have reported problems from *less*, so please listen to your body, err on the side of caution, and stay healthy. If you don't know... take a couple days off!

In my limited experience, I have found that people who struggled with opiate dependence, at any time previous to using kratom products, are *more* likely to develop physical dependence and more likely to experience difficult withdrawal, so I don't recommend kratom to friends/family who have struggled with these issues in the past.

SHOULD I USE KRATOM AT ALL?

That's up to you! In general though, I would *not* recommend those who have struggled with substance abuse to use kratom if they are currently "clean" and abstaining from all psychoactive substances. Why risk it?!? Some people have stated that they have had real problems quitting kratom. I did when I did it cold turkey. Worse, I met a man who was a recovering dope addict. He had been clean, but when he tried kratom it triggered something in his brain. He felt the urge to use drugs again and he is still locked in the grip of a very dangerous addiction. While he did make the

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

choice to use dope again, it is still very heartbreaking, so to me, it seems best to err on the side of caution. My prayers are with him and his family. I do know a few recovering people who safely use kratom and swear by it, I would urge the deepest caution and consideration if you are in the recovery community. My thought is; play with fire and you may get burned.

HOW & WHY I QUIT KRATOM WITH MINIMAL MISERY

I had the opportunity to travel to a country where kratom is not permitted, with some incredible people. I love to travel and there was no way I was going to let this stand in my way! Because I have quit cold turkey, in the past, I decided to taper down this time, to make my experience as painless as possible. With the help of some great advice, my discomfort was minimal and the process bolstered my confidence! With the exception of a few tough days, the transition was pretty simple!

WANT TO STOP USING KRATOM WITHOUT GOING THROUGH HELL?

I believe that the majority of conscious kratom consumers are able to stop using kratom if they choose to do so, but it can be very uncomfortable, especially if you don't have, and stick to a plan. I wanted to share some things that work for me.

KEEP THIS IN MIND: Even though some people just use kratom for “fun”, the majority of people I know started using kratom for a *reason*; to solve a problem. As you remove kratom from your regimen, these problems may return and if they are serious you should seek medical consultation. Whether your reason for using kratom was to push through difficult workouts, improve focus, manage chronic pain, move away from more harmful substances or simply to improve an overall feeling of wellbeing, most benefits of kratom only last while you are consuming it, so you may consider alternative solutions in advance. Again, if you have a medical issue, please seek professional help.

IN THE WEEKS LEADING UP TO QUITTING:

I recommend you remove any/all other psychoactive substances from your regimen, to the best of your ability. Moderate caffeine, avoid alcohol, kava, CBD, cannabis and any consumable that changes your mental state. I personally do this so that I am

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

more able to benefit from these other products when stepping away from kratom. Of course, if you have struggled with substance abuse, it would be terribly unadvisable to use anything that may trigger you. If you're struggling with addiction, please seek professional help.

STOCK UP ON SUPPORT SUPPLEMENTS: I found it really helpful to stock up on these supplements to help ease my transition away from kratom:

Black Seed Oil – You can use gel caps or the oil from a teaspoon. Traditionally used for centuries, it is believed to have these properties: *anti-inflammatory, antioxidant, immune-boosting properties, heart health support, better digestion, and healthy skin & hair*. Also, because it seems to help make a smaller amount of kratom more effective, while you work your way down. Also a lot of people believe it helps prevent withdrawal symptoms.

Agmatine Sulfate – is very popular. What you want is something to facilitate blood flow. Citrulline Malate and L-Arginine also worked well for me. These are commonly used in "Pump" pre-workouts, but can be purchased solo, but be careful that they don't contain a ton of caffeine! They seem to get the blood flowing and just make you feel better.

GABA – Gamma-aminobutyric acid (GABA) is a neurotransmitter, a chemical messenger in your brain triggering endorphin release. This whole time you've been using kratom, it's been an external signal, to your body, to release "feel good" chemicals. To me this is the most useful supplement. **NOTE: I learned that you CAN take too much of this, so definitely be very careful and read the label – like you really should with anything.**

Mixed Greens Powdered Drinks: Provide incredible nutritional value, plus they kind of give you the feeling like you're making kratom tea! Maintaining proper nutrition will make you feel so much better and help your body reset. Be careful not to get one

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

that has caffeine added if you don't want it! I made that mistake and drank it at night. Bummer.

Lion's Mane/Chaga Mushrooms: Functional mushrooms support brain function. I like the focus they provide.

Magnesium: Helpful for avoiding restless legs

Daily Multivitamin: Always good in my opinion! Even if you eat very well, there may be a couple blind spots.

CBD Products: Obviously not for everyone. I used CBD products to help ease away from the habit of always wanting "something." When I wanted to reach for kratom, for mental relaxation, I found having a CBD soda helped. I used sodas that had 25mg CBD, and sometimes at night, I'd drink half a full spectrum with 5mg or so of THC. I'm a super lightweight. This may not be legal everywhere of course.

Kava Kava: This island root beverage was very helpful to me when I wanted "something" in the evenings. Many believe it to be a nice, low-calorie alternative to alcohol. Note: there have been some reports of liver issues with kava consumption, so you may think twice if you have had issues. No matter what, always stay hydrated.

Milk Thistle: Supports liver function and may help detoxify.

Beyond Supplements, Plan On Using An Abundance of The Following:

Hot Showers/Baths: Hot showers/baths were so incredibly beneficial when overcoming sleeplessness and restless legs. On the most challenging nights, I took 2-3 hot showers, often massaging my feet and legs while showering. Hot baths with Epsom salts are also incredibly helpful.

"Self care:" While you may not feel like engaging in sexual activity with your partner(s,) you can still get benefits from the endorphins released on "your own

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

time.” These natural endorphins may be very beneficial. I believe I can spare further details, and trust that the reader will understand haha.

BIG BENEFIT HERE: Because kratom seems to have analgesic properties, it lowers your sense of feeling, so you may enjoy these activities a lot more when you are *not* using kratom.

Music: This is the greatest supplement there is and will change your mental state like nothing else! I found that music sounded so crystal clear during my times of decreasing kratom.

TV/Movies: For me, kratom is all about “getting things done.” When I stop using it, I don’t have that same motivation. I focus on remembering that I *am* getting something done just by stopping! Allow extra relaxation time.

Massage: Self massage and/or professional massage (if/when in budget)

THINGS I AVOID:

Over the counter sleep aids: these are awful if restless leg syndrome bothers you when you are stopping kratom! They make it so much worse and leave you feeling dazed and groggy with even less possibility of sleep. Avoid: Benadryl, NyQuil, ZQuil and anything similar

Melatonin: No need to avoid it 100%, but tread *very* lightly with melatonin! Too much can also cause restless legs! I have learned these lessons the hard way.

Note – On another time that I stopped using kratom, I did speak to my doctor and get a prescription sleep aid. I did not on this one. I have always had sleep issues and kratom helped that for me, so it can be extra tough without kratom.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

NOTES ON LEAVING KRATOM BEHIND: Expect ebbs and flows... keep going! Drink plenty of water. Be grateful. Be kind to yourself! Expect a little less productivity at work. Let yourself enjoy movies and music in abundance. Be cool to yourself! Over the next pages, you'll see the steps I took, with the time and amount of kratom consumption listed over the course of my taper down to zero kratom.

GETTING STARTED: On your first day, you do not need to attempt to slow down, just figure out how much kratom you are really using. This helps you keep a positive attitude and feel good while you are still being proactive! **START LOGGING BEFORE YOU START SLOWING DOWN!** I think its best to really know *exactly* how much you are consuming. Guessing is not good, it needs to be exact, and it's really a lot better if you log for a few days, because if you're like me, it may vary a little.

You need a small, accurate scale so that you may weigh every bit of kratom powder you consume. They are available for \$10 on Amazon or at your local smoke shop for people weighing.... Ommmmmm... shoelaces or something haha. **If you are consuming extracts, make note of the alkaloid content listed on the package.** BE HONEST and PRECISE! You are only judging yourself. Nobody else needs to see it unless you benefit from an accountability partner. Use a notebook, computer or smartphone and document every single time you use kratom and *exactly* how much. BE SPECIFIC WITH YOUR TIMES AND AMOUNTS.

In general, I've found that if you set your goal to reduce by as little as .5g/day, there will be minimal negative experience. However, I am willing to deal with a bit of discomfort in order to hasten the process so I went a tad faster. I still hope my log may serve as an inspirational tool. I suggest you set a goal you believe in.

I REALLY HOPE THAT MY EXPERIENCE CAN HELP YOU.

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Pre-Log Checklist: Time to Kick Ass!

- **BLACK SEED OIL** *Check*
- **AGMATINE SULFATE** *Check*
- **MAGNESIUM** *Check*
- **GABA** *Check*
- **CBD** *Check*
- **KAVA KAVA** *Check*
- **MULTIVITAMINS** *Check*
- **MIXED GREENS DRINK POWDER** *Check*
- **FUNCTIONAL MUSHROOMS** *Check*
- **HOMEOPATHIC RESTFUL LEGS – CREAM AND TABLETS** *Check*
**Note, I also take Creatine, as a fitness supplement, regularly.*

- **ACCESS TO HOT SHOWERS?** *Check*
- **LOCKABLE DOOR SOMEWHERE?** *Check*
- **GOOD MUSIC?** *Check*
- **GOOD TV & MOVIE RECOMMENDATIONS?** *Check*
- **COMFORTABLE SHOES & EXERCISE CLOTHING?** *Check*
- **PATIENCE?** *Hurry up!!!*
- **A BAD ASS, POSITIVE REASON?** *Check! Hell yes, vacation!*
- **COMMITMENT?** *Check*
- **SELF LOVE (Tough Love?)** *Check*

NOTE: I have learned, in the past, that OTC sleep aids, such as NyQuil, ZQuil, Benadryl etc. can actually CAUSE restless legs syndrome! So, I do not recommend those.

Note: Nothing on this page, or in this document, is intended as advice, medical or otherwise. If you have any kind of medical condition, or you are struggling with addiction, PLEASE consult a professional physician. The FDA has not approved these statements. Please consult your physician before using any dietary supplements.

My log starts on the next page.

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

ADDENDUM NOTE – THIS WAS A REALLY FAST TAPER COMPARED TO MANY PEOPLE. SOME PEOPLE CHOOSE TO GO SLOWER, AND I’VE HEARD OF PEOPLE DOING IT OVER THE COURSE OF MONTHS OR MORE.

T-Minus 45 Days Until Vacation!!! *Let’s do this! Goal is to be off kratom for two weeks before we leave, so I feel perfect without it.*

Day 1 – Monday

Goal: Awareness

8:35am – 5.4g Green Kratom Tea Powder

10:30am – 3.3g White Kratom Tea Powder

11:35 – 3g Green Kratom Tea Powder

12:50pm – 3.8g White Kratom Tea Powder

3pm – Popular Kava/Kratom Product – 1 bottle (4g * natural kratom)

5pm – Popular Kava/Kratom Product – 1 bottle (4g * natural kratom)

7:30pm – Popular Kava/Kratom Product – 1 bottle (4g * natural kratom)

10pm – 5.6g Red Kratom Tea Blend Powder

Supplements at night: Multivitamin, Magnesium & Milk Thistle

Day 1 – 33.1 g Total Kratom

Notes: KICK ASS! A Starting Point. I did not hold back, at all, on my kratom consumption today because I wanted a real starting point. I have definitely been taking way too much kratom but this was a really big day and I have not been consuming this much for a long time in a row. So, if this is your normal, you may alot more time. That said, with this little time before our trip, I need to be super hard core about getting *off!*

Since I have quit kratom before, I’m pretty well prepared for what to expect and know I can do this! This is not the highest daily consumption.

Note: I drink coffee/caffeine every day. I also moderately drank alcohol on a few evenings, later into the taper. I did not mentionThis log only mentions kratom and the

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I’M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

supplements I was using specifically to ease my transition that I believe directly help.

NOTE: I learned last time that over the counter sleep medications are AWFUL when you want to stop using kratom. They make restless leg syndrome MUCH worse! It leaves you feeling exhausted.

Day 2 – Tuesday

Goal: <20g Kratom

8:35am – 4g Green Kratom Tea Powder

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

10:40am – 2g White Kratom Tea Powder + teaspoon Black Seed Oil

11:55 – CBD Beverage...

12:50pm – 3.1g White Kratom Tea Powder +

***1:30pm – exercise – weight lifting

3:15pm – Popular Kava/Kratom Product – 1 bottle (4g * natural kratom)

5pm – Popular Kava/Kratom Product – 1 bottle (4g * natural kratom)

8:30pm – 3.7g Red Kratom Tea Blend Powder

10pm Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium

Day 2 Total: 19.8g Kratom!!!! Hell Yes! In general I felt perfect, honestly I felt clearer than I usually do. I was definitely taking too much. I've always found that 10g/day is truly where I feel the best, but it's easy to let it slide

NOTE: I decided to take a very big leap on my first real day of tapering, and went down over ten grams. Because I don't take 30g every single day, I was pretty confident this would work, and it did. Of course, I did not ever really feel the effects of kratom today, but I also didn't feel shitty. Many people will want to just start tapering from exactly where they're at to minimize the suck.

AFTER THE FACT NOTE ON "POSITIVITY" – Again, I don't mean some dumb "self help" mirror talk. I mean admitting that aspects of the process totally suck, but maintaining the attitude that you *will* get through this challenge and you *will* accomplish your goal. A fuck up, or even multiple fuck ups do NOT spell the end, they are just a stepping stone.

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 3 – Wednesday

Goal: <18g Kratom

8:35am – 3g Green Kratom Tea Powder

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

10:40am – 2.2g White Kratom Tea Powder + teaspoon Black Seed Oil

12:15pm – CBD Beverage...

12:50pm – 2.7g White Kratom Tea Powder

***1:30pm – exercise – cardio

3:15pm – Popular Kava/Kratom Product – 1 bottle (4g * natural kratom)

5pm – 2g Red Kratom Tea Powder

8:30pm – 2g Red Kratom Tea Blend Powder

10pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium

11:00pm – 1 serving GABA supplement (see container)

11:35pm – 1.5g Red Kratom Tea Powder

Day 3 Total: 17.7g

Notes: Having trouble sleeping with less kratom in my system. Tried the GABA but nope... so I took my remaining allotted kratom and it worked! Workouts are still feeling good and strong. Getting the endorphin release really helps. T-Minus 42 Days Until Family Vacation!!! Doing good man!

AFTER THE FACT NOTE – Get outside and in nature! Get away from the same routine. Distraction is incredibly valuable.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 4 – Thursday – KICK SOME ASS!!!! NO MORE EXTRACT PRODUCTS!

Goal: <17g Kratom

8:35am – 2g Green Kratom Tea Powder

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

10:40am – 1.5g White Kratom Tea Powder + teaspoon Black Seed Oil

12:15pm – CBD Beverage...

12:50pm – 2g White Kratom Tea Powder

***1:30pm – exercise – cardio

3:15pm – 3g Kratom Tea Blend

5pm – 2g Red Kratom Tea Powder

8:30pm – 3.3g Red Kratom Tea Blend Powder

10pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium

11:00pm – 1 serving GABA supplement (see container)

11:35pm – 3g Red Kratom Tea Powder

Day 4 Total: 16.8g !!! Dominating life!!!! Big decrease today and I felt bad ass throughout the day! The only challenge was at night, when I had restless leg syndrome. I also had a little bit of a runny nose, but it didn't bother me. Not sure if it was a symptom or just allergies.... Either way, great day!

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 5 – Friday

Goal: <16g Kratom

7:55am – 2g Green Kratom Tea Powder

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

10:50am – 2g White Kratom Tea Powder + teaspoon Black Seed Oil

12:15pm – exercise – weight lifting

3:15pm – 2g Kratom Tea Blend + CBD Soda

5pm – 2g Red Kratom Tea Powder

8:30pm – 3g Red Kratom Tea Blend Powder

9:45pm – 3g Red Kratom Tea Blend Powder

10pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium

11:00pm – 1 serving GABA supplement (see container)

11:35pm – 3g Red Kratom Tea Powder

Day 5 Total: 17g... damn... a little backslide Not sure what was up today, but I

definitely felt more uneasy today than I have in the past few days. I know I could have done better with a little more discipline! I felt a little “off” throughout the day. Sleeping was the biggest challenge. Restless legs.... Onward!!!

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 6 – Saturday – T minus 39!!!

Goal: <15g Kratom

8:55am – 2g Green Kratom Tea Powder

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:00pm – 2.1g White – NICE BREAK between kratoms!!!

12:30pm – exercise – light cardio

2:45pm – 2g Green

4pm – CBD Soda

6pm – 3.2g Red

7pm – Full Spectrum CBD Soda

9pm – 3g Red

10pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

Day 6 Total – DOMINATING LIFE!!!! 12.3g Total Kratom!!!! Nice big drop! I actually felt really good and clear throughout the day... it's easier to go longer between breaks when I don't have to perform menial work tasks... I was going to have a beer or two, but in the past that's been hit or miss, often leaving my body feel more toxic. I had some full spectrum CBD soda instead. I fell asleep easy but at about 2:30am (technically Day 7) I woke up and I was having pretty bad restless leg syndrome and could not sleep. It is a very uneasy and uncomfortable feeling. I took a hot shower and massaged my feet and calves in the shower. Then, I took another serving of GABA, magnesium and 1g of red kratom. It was just enough to let me relax and fall back asleep! Hot showers are MEGA helpful for RLS!!! I also massaged some *Restful Legs* cream into my calves and feet after.

Note: Hot showers and hot baths are bad ass for restless legs! Epsom salts in the bath is great.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 7 – Sunday - T minus 38!!!

Goal: <14g Kratom

2:30am - 1g Red

9:20 am - 2g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:30pm - 2g White

3pm - 1.5g Green

4pm - CBD Soda + Black Seed Oil

8pm - 3g Red

7pm - CBD gummies

9pm - 2.2g Red

10pm - Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

11pm - 2g Red *** restless and couldn't sleep. Need sleep for work tomorrow. Still a bad ass day and still making great progress!

Day 7 Total - 13.7g A tad more than yesterday but all good.... Took a little more to get the sleep I needed for work since I could feel it was going to be challenging. Felt great all day! Making great progress!!!!

AFTER THE FACT NOTE: There were multiple times I backslid. Its easy to get pissed off at yourself, but that just starts a chain of negative thinking. It's all good! If you need support, there are a lot of groups online. I have yet to find any that I truly align with, for multiple reasons: I do not personally believe kratom is *bad* in general, even though it can cause a TON of problems for some people. For me, the hardest part is just quitting after a period of extended consumption. Again, if it's unbearable and the steps I followed aren't right for you - please contact a professional.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 8 – Monday – T minus 37 to Vacation!!!

Goal: <13g Kratom

7:30 am – 2g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:30pm – 1g White

1pm – exercise

3pm – 1.5g Green

4pm – CBD Soda + Black Seed Oil

7pm – 3g Red

8pm – CBD Soda

9pm – 2g Red

10pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

11pm – 2g Red *** trying to make a bigger jump but needed the sleep

Day 8 Total – 11.5g NICE!!!!

*** Very, very fast drop so far. Have felt fairly uneasy during the day, the last couple of days, but I have been able to distract myself. I've added some chaga mushroom powder into my kratom to make it feel like I'm taking a bigger scoop. This stuff helps a lot psychologically. Today though is the first day that my body really started feeling like "Yooooooooooooo!!!!!! What the hell is this bro?!?" While I feel clear most of the day, there is definitely a lot of uneasiness. I woke up at 3:30 am with bad restless legs... I took a hot bath with epsom salt, a serving of GABA and 2g of red kratom.

NOTE: MUSIC SOUNDS AMAZING!!! I know that magic waits on the other side of the pain, in those brief moments I feel and connect with the boy who loved music so much. I am so grateful for this reconnection. Music sounds really crystal clear and awesome. Kratom is odd because it starts to dull some of these beautiful emotions when I take it too often... I can feel that I am going to be successful in this and I'm very much looking forward to it!

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 9

Goal <12g Kratom

7:30 am - 2g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:30pm - 1g White

1pm - exercise

3pm - 1.5g Green

4pm - CBD Soda + Black Seed Oil

7pm - 3g Red

8pm - CBD Soda

9pm - 2g Red

10pm - Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil,

Magnesium + GABA

11pm - 2g Red

Day 9 Total - 11.5 - still doing well

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN - SKIP TO PAGE 12

Day 10 - Wednesday

Goal: <11g Kratom

7:30 am - 1.5g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:30pm - 1g White

1pm - exercise

3pm - 1.8g Green

4pm - CBD Soda + Black Seed Oil

7pm - 3g Red

8pm - CBD Soda

9pm - 2.2g Red

10pm - Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

11pm - 1.5g Red

11:30pm - 1g Red

Day 10 Total - 12 - Backslide... no sweat at all... just really needed to get good sleep and was having a ton of trouble. Took hot shower but just needed to get that sleep. I still have almost 3 weeks to get totally off. Kicking ass!!!!

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 11 – Thursday

Goal: <11g Kratom

7:30 am – 1.5g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:30pm – 1g White

1pm – exercise

3pm – 1.5g Green

4pm – CBD Soda + Black Seed Oil

8pm – CBD Soda

9pm – 3g Red – NICE MEGA MEGA MEGA LONG BREAK!!! Really fought through it!

10pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil,

Magnesium + GABA

11pm – 2g Red

Day 11 Total – 9.5g!!!!!! Damn Right!!!!!!

Great day but woke up with restless legs... took a small amount of red, and a hot shower plus some GABA and CBD... slept great after

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 12- Friday - 33 Days Until Big Ass Airplane! 20 more days to be

totally off kratom! May be able to do it faster!!!!

Goal: <10g Kratom

3am - 2g Red

7:30 am - 1g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:30pm - 1g White

3pm - 1g Green

4:20pm - CBD Soda + Black Seed Oil

7:00pm - Kava Kava beverages

9pm - 2g Red

10pm - Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

11pm - 2g Red

Day 12 Total - 9g!!!!!! Good job man!!!

I got the best night's sleep this night that I have had in quite some time. I did not need to re-up on kratom in the middle of the night, and during my times of brief waking up, I was not feeling withdrawal symptoms at all. Magnesium was super helpful! I also took a couple of those liver function/anti hangover pills that have the CBD in them, and that seems to have helped quite a bit. There were many moments of "lucidity" where I was aware but still asleep, but overall I slept the majority of 9hrs 45 min and feel great today, ready to make a push!!!!

Note: I have found that, as you get closer to zero, it is harder to remove a full gram per day... I have learned that it is better to go down by half gram per day once you get below 10g. If I make faster progress, sweet!

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 13– Saturday

Goal: <9.5g Kratom

8:30 am – 1g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:30pm – 1g White

3pm – 1.5g Green

4:20pm – CBD Soda + Black Seed Oil

7:00pm – Kava Kava Bevarages

9pm – 3g Red

10pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

11pm – 2g Red

Day 13 Total – 8.5g!!!!!! Good job man!!!

Note: A little restless leg after bed, but was able to fall back asleep after a super hot shower, some GABA and a CBD soda from the fridge. I massaged my legs and feet with restless leg cream and that helped a lot. It was bad ass to fall back to sleep without kratom. I honestly feel like I'm close to being able to just jump!

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 14– Sunday - *T-minus 32 to vacation... 18 days to kratom free*

lifestyle!

Goal: <9g Kratom

9:00 am - 1g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:00 pm - 1g White

3pm - 1g Green

5:00pm - Kava Kava Beverages

9pm - 3g Red

10pm - Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

11:15pm - 2g Red

Day 14 Total – 8g! *Thought I was going to be able to do it on 6g, but was tossing and turning. I have plenty of time, so I really wanted to get good sleep. Luckily once I took 2g of red, at 11, I was able to sleep like a rock throughout the night! Pretty sure I can make more progress even on a Monday.*

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 15- Monday

Goal: <9g Kratom

7:00 am - 1g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

11:00 am - 1.5g White + blackseed oil (really needed the focus...)

3pm - 1.1g Green

8pm - CBD Soda

9pm - 2.5g Red

9:45pm - Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

10:30pm - 2.1g Red

Day 15 Total - 8.2g! *The end is in sight!!! Slept like a rock... had a really hot shower and feel like I could have even done 1g or none at 10:30 but I really wanted to make sure I slept well for my long shift at the coal mine! I'm pretty well adjusted to this amount of kratom and restless leg is mostly gone. I don't wake up feeling like I really "need" to take kratom anymore....*

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 16– Tuesday

Goal: <8.5g Kratom

8:45 am - 1g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:00 pm - 1g White + blackseed oil

1pm - exercise

3pm - 1g Green

8pm - Kava Kava Beverage

9pm - 2.1g Red

9:45pm - Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

10:30pm - 2g Red

Day 16 Total - 7.1g! *Kicking ass....*

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 17 Wednesday

Goal: <8g Kratom

9am - 1g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:00 pm - 1g White + blackseed oil

3pm - 1g Kratom Blend (Maeng Da)

8pm - Kava Kava Beverage

9pm - 2g Red

9:45pm - Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

10:15pm - 1.5g Red

Day 17 Total - 6.5g!

Really good day, but I did wake up in the middle of the night with restless legs, unable to sleep. Total bummer because I thought it was over. I woke up and had a hot shower and took 1.5g of red at 2am.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 18 Thursday

Goal: <7.5g Kratom

2am – 1.5g Red

9:15am – 1g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

12:40 pm – 1g White + blackseed oil

5pm – 1g green

8pm – Kava Kava Beverage

9pm – 2.5g Red

9:45pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

Day 18 Total – 7g!

Note: INTENSE AF DAY!!! Backtracked on my total a little bit. Really struggled due to the 2am consumption. Plus, I drank a couple of beers last night which isn't good for sleep anyhow. Not the best idea but all good.

**I felt perfect going to bed, had sex with gf, but woke up at 1:30 or so feeling MISERABLE. Restless leg and general despair. This is just when I thought it was getting easy! In general, this has been pretty smooth sailing, so this was a big bummer. That's alright... I still stayed on track and got a WIN for the day!!!!*

Know this: like life, days will ebb and flow. Some days you'll feel the end on site and the next you'll wake up sweating with terrible RLS

AFTER THE FACT NOTE: The last 5–7 grams are the hardest for me to quit! I think it's mostly mental by that point. If it's super hard for you, you're not alone.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 19 Friday

Goal: <7g Kratom

2am - 1.5g Red

9:15am - 1g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

2:45 pm - 1g White + blackseed oil

8pm - Kava Kava Beverage

9pm - 2.5g Red

9:45pm - Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

Day 18 Total - 6g! NICE PROGRESS!!! Weekends are easier too... feeling good. GREAT SLEEP.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 20 Saturday

Goal: <6.5g Kratom

10am – 1g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

1pm – CBD Soda

5pm – 1.5g green

8pm – Kava Kava Beverage

9pm – 2g Red

9:45pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

11:30 – Popular Kratom/Kava Shot (4g kratom)

Day 18 Total – 8.5g!

Damn... all good. A little backtrack, but it's OK. I had a very good friend's wedding and saw a crew of great old friends. I drank a **X kava/kratom** shot with an old buddy of mine, late at night. We had a great time, laughing and talking afterwards. I know I still have three weeks before I leave, and I know myself well enough to know I won't drink another one. It was fun, but it was a step in the wrong direction. I don't feel bad about it, I just hope it doesn't set me back physically. Mentally, I'm good. All good, onward!!!!

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 21 Sunday

Goal: <6g Kratom

10:30am – 1g Green

+ 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

1pm – 1.5g green

9pm – 1g Red

9:30pm – CBD Soda

9:45pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

10:15pm – 2g Red

Day 21 Total – 5.5g!

Had a long drive back from my friend's wedding today, but I was able to stay under my limit!!! Slept great this weekend at the wedding and my gf and I had a really rad time. At this point I'm confident that I would be completely cool to just stop taking kratom, but since I have time, I'd rather get the best sleep possible and perform as well as possible at work, so I'm going to be gentle on myself and stay on the "taper." Weekdays are always toughest, but I bet I can totally be off kratom by the end of next weekend at the worst! I'll already feel pretty normal, but that will give me time to get used to not taking kratom before we go on vacation.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 22 Monday

Goal: <5.5g Kratom

7:30 am ritual: 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

11am – 1g Green – Nice!!! Well over 13 hour stretch between kratoms!!!! Plus, was able to start my workday without it. Probably could have pushed through but all good.

2pm – 1g green

9pm – 2g Red

9:30pm – CBD Soda

9:45pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

Day 22 Total – 4g!

Hell yes!!! Almost There... becoming very used to going through my day kratom free. I found a great functional mushroom blend of lion's mane, chaga mushrooms and shilajit. It's a powder, so I've been kind of taking scoops like I would with kratom, with helps with the "habit" of scooping something every couple hours.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 23 Tuesday

Goal: <4.5g Kratom

7:30 am ritual: 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

***BOOM!!! Making huge progress!!!! Able to get through the day kratomless!!!!

9:30pm – 2g Red

9:45pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

10:30pm – 1.5g red + Kava Kava drink

Day 23 Total – 3.5g!

Hell yes!!! I was able to make it through the workday, and stay focused. Even got a pretty damn good workout in. I've been forgetting to log those but there have been a few more than I've noted. I thought I was going to be able to sleep off just the 2g of red I took at 9:30, and I probably would have fallen asleep soon enough, but I had a ton to do at work today. A hot shower, 1.5g more red, a kava kava drink and then some meditation on the couch and I felt perfectly relaxed. I decided I would just go as long as I could this morning and I was super stoked to make it so long!

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 24 Wednesday

Goal: <4g Kratom

7:30 am ritual: 1 teaspoon Black Seed Oil, 1 serving Agmatine Sulfate + 1 glass Mixed Greens

2pm - 1.5g White - really struggling to focus... all good... almost there....

9:30pm - 1.5g Red

9:45pm - Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

10:30pm - 1g red + another GABA supplement pill

Day 23 Total - 4g

Tiny backslide, but still on track... I know I could have made it through the day, but I really want to be strong at work since I like my job and want to come back after vacation...

Note: I'm on the fence about whether or how I will use kratom again when I get back because I'm feeling great. I definitely feel better when I take small amounts of kratom vs. when I take a lot. No matter what, I intend to take a minimum of 6 weeks off: two weeks before, two weeks for vacation and then two more weeks. I know that small amounts of kratom are really helpful for me, but after I worked my way up in the past, I know that it SUCKS to take too much, but it sucks even harder to stop. I'm glad I have a little bit of willpower. I knew I was going to be OK to stop taking kratom this time even though I knew I had gotten above 20g per day. I still have access to free kratom products, and was able to test a new kratom/kava product while it was being developed, but that took me back over the limits I set for myself. Basically, I never want to be in a position where, if someone invites me to a place where kratom is not allowed, I am not able to say "Hell yes, let's go!!!!" I honestly feel my best when I am taking under 10g per day. 12-15 is okay from time to time, for me, but not every day.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 25 Thursday

Goal: <3.5g Kratom

7:30 – normal morning supplement ritual

******* NICE!!!! Made it through the entire day !!!! Kratom FREE!!!!**

3:20pm – STILL AT ZERO ZERO ZERO!!!!!!! HELL YES

7pm – Kava Kava

9:45pm – Night Time Supplements: Multivitamin, Milk Thistle, Magnesium, Black Seed Oil, Magnesium + GABA

Day 25 Total – 0 GRAMS KRATOM!!!!!!

Hell yes!!! KICKING ASS SO MOTHER FUCKING HARD!!! 3:20pm – ZERO!!!!

I WILL make it 24 hours then it's easy!!! I feel the happiest I have felt in a long time. I feel really, really good about myself. Who knows if I can sleep tonight without kratom, but I am happy as hell to have made it through the day. Making it 24 hours is a day!!!! Music sounds crystal clear. All WDs have subsided throughout the course of the day and I feel really, really great. I'm very excited about this upcoming trip and for the fact that I have seen this through. Just over two weeks until airplane time!

I did drink some Kava Kava today, which I forgot to log

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 26 Friday

Goal: <3g Kratom

2am – 1g Maeng Da – *I didn't feel bad... I just could not sleep and since I have time, I went with it...*

7:30 – normal morning supplement ritual

9:45pm – normal night supplement ritual!

Day 26 Total – 1g!!!!!!

I can tell, 100% that this will be the last kratom that I take! With the trip still a little over two weeks away, I figured I'd rather take 1g and get some sleep... hell yes!!!

On Friday, at 6:15pm – I came home from work and took a nap. Really glad that my body has adjusted enough that I could take a nap without kratom. Today is my 3rd day, in a row, without kratom, though I did need a little bit, very late on the first night, in order to sleep. At that point, it may have been more mental. Each time I sleep without kratom, the easier it gets. I just took a nap and woke up “leveled up.” I have consumed a significant amount of CBD over the past few days and that has been very, very helpful in removing the edgy feeling of having kratom out of my system. I should have been better about logging that, but that’s OK... Also, I have consumed kava, and that has also been very helpful. In the long run, I don’t prefer the feeling of those, especially during the daytime because I prefer to be clear headed. I’m not sure what’s mental vs. what is physical.

Either way, I am OFF kratom now, and I am confident I could live the rest of my life without if necessary.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Day 27 Saturday

Goal: NADA!!!!

DAY 27 TOTAL: NADA!!!! HELL YES

DAY 28 SUNDAY

Day 28 TOTAL: NOPE... NONE! NADA... NO KRATOM UNDER ANY CIRCUMSTANCES

Day 31 – Wednesday

It has now been five days since I last consumed any kratom, and my body seems to have completely adjusted. I am very happy with the results of this gradual taper and, if I choose to use kratom again, this will absolutely be the method I use when I decide to stop again!

Day 27 – Day 31 Total – ZIP. ZERO. ZILCH. NADA. NO KRATOM. KRATOM ZERO!!!! 0.0%

I'm feeling good and strong! I'm going to finish up my work and then have an awesome trip!

DAY 37 – I thought I was having withdrawal symptoms, because I had diahrea again as well as restless legs and general sickness. However, it turned out that family members also had the same thing. That said, some people *do* experience symptoms after the fact.

After the Fact Notes in the Following Pages

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

A few things I learned:

I learned this before but: Kratom DOES have potential for physical dependence. Tapering off kratom is infinitely better than stopping cold turkey. There are many supplements that really helped me, but nothing made me feel the same as kratom. That's why I started using it! If/when you are preparing to taper off kratom, it is very smart to discontinue the use of other mood-altering substances in the few weeks to a month beforehand; seek to minimize and/or discontinue caffeine, alcohol, kava kava, cannabis intake.. This will help reset your body's tolerance to these other substances and allow you to utilize them to your advantage. More than anything, BE COOL TO YOURSELF! Maybe you didn't know stopping kratom would be so hard. I didn't when I started using it! In fact, 10 years ago, most of the people selling it said it was not addictive. Either way, you're likely to have some mental health struggles in addition to the physical symptoms, so, strive to be really nice to yourself. I had quite a few setbacks, but it was OK.

The most difficult challenge:

GETTING DECENT SLEEP. Restless legs syndrome! This makes it very difficult to get good sleep, but there are many remedies beyond kratom as you ease your way down!

Other challenges:

Feeling uneasy during the day. Mild shortness of breath, and feeling fatigued occasionally. Lack of motivation. Feeling void of emotion; about 4-5 days were a little tough. I also felt chills early on in my taper, but a hot shower and then a blow dryer felt awesome! I still used an extra blanket. The good thing is, all of these return once my body readjusted and, for me, were minimal with the taper. When I stopped cold turkey before, I also had diarrhea, but that wasn't common as I tapered.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

Habits that help a lot:

Meditation – it's a little harder without kratom, but well worth it.

Listening to music – the healing power of music is real. Period.

Cardiovascular exercise – *releases endorphins*

Self-care – spend time alone if/when necessary. Release endorphins.

Massage – massage guns can be a very cost effective option if going for a massage isn't in the cards. I found it super helpful for avoiding restless legs.

Being cool to myself – when I slipped up, I just shook it off and rolled with it. Beating yourself up only reinforces negative beliefs.

Recentering after backslides – backslides are inevitable. Keep going!

Maintaining focus on the end goal! For me, this time, the goal was to travel to a beautiful place, with awesome people. Focus on the positives of your end goal.

Hot showers & hot baths with epsom salts – *super helpful for relaxation and for alleviating restlessness and restless legs*

Note: meditation and exercise are both harder for me without kratom, especially when coming off of kratom. It is important to train the brain and body to do hard things. When meditating, you may feel the electric charge (life energy) within yourself more without kratom. It can be uncomfortable but I believe it is important to just embrace it. When exercising, you may find yourself winded more easily. Be patient with yourself and allow your body to adjust. Stick with your good habits and they will get easier and help, big time, in your journey.

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN – SKIP TO PAGE 12

My thoughts: YOUR BIGGEST FRIENDS ARE TIME, PATIENCE AND POSITIVITY. This doesn't mean some 90's self help bullshit where you tell yourself how wonderful you are in the mirror. What I mean by positivity is simply admitting that aspects totally suck ass, but you *will* get through it. You *will* adjust back to normal.

Remember: You are *not* going to feel the same as you did when taking kratom. Here is something that I personally keep in mind when I am upset that I don't feel the same: *I started for a reason*. I mostly started to increase focus, and then found it helped curb my desire for alcohol too! Plus I was in a better mood. Many people start using kratom for an increased sense of well-being, focus etc.. Maybe you started using kratom because you believed it helped with your anxiety. Either way kratom does not do anything to address any root problem. Therefore, if someone had anxiety, used kratom to deal with it, then stopped using kratom to deal with it, it will likely feel *worse* at first. This is normal and your anxiety will most likely level out to it's original level. Embrace the suck. That is progress.

There is no victory in trading kratom for a worse habit! In an online forum, I read a man's story who used kratom to stop drinking alcohol. When he became dependent on kratom, he was upset and decided to quit. Then, he started drinking heavily to stop using kratom, drinking most of the day, every day, consuming over a dozen alcoholic beverages per day per his admission. I hope it goes without saying that this is an *awful* idea. If you need help, please get it.

I CAN NOT STRESS THIS ENOUGH. This is only *my* personal experience. Everybody is different. If you are struggling with addiction, please consult a professional. If you are suffering from any mental or physical health condition, please seek professional help. I hope you find this experience helpful! Whether you are quitting kratom once and for all, or taking a break, I wish you the absolute best! Kick some ass!

How I Kicked Kratom Without Feeling Like a Football

TO GO STRAIGHT TO MY TAPER PLAN - SKIP TO PAGE 12

I'm not online a lot, but if you do have questions, you may reach me at ramblerlimestone@gmail.com . Please put: "Kick Kratom" in subject line. I'll do my absolute best to get back to you, but if you really need help, please consult a professional. If you are having a medical emergency, please call 911.

NOTHING IN THIS IS INTENDED AS MEDICAL ADVICE. I JUST WANTED TO SHARE MY PERSONAL EXPERIENCE. I AM NOT A DOCTOR, I'M JUST A DUDE. IF YOU HAVE A MEDICAL ISSUE, PLEASE SEE A MEDICAL PROFESSIONAL.