

IS KRATOM RIGHT FOR YOU?

The answer to the title of this chronicle depends upon whether you can get enough prescription opioids to control IPS. In many locales in the country, doctors, for multiple reasons, will not prescribe enough opioids to control IPS and its cardiovascular, endocrine, and autoimmune manifestations. If you can't get enough prescription opioids to keep your pain under control, you should give kratom a try.

JUST WHAT IS KRATOM?

Practically everyone has heard of kratom. In some states it is widely advertised and promoted. Technically it is a compound found in the tree leaves of the "mitragyna speciosa" plant that grows in southeast Asia. It is an herb and not an opioid, but it produces pain relief like an opioid. Biologically it attaches to the opioid receptors (pain relief sites) in the brain and spinal cord and relieves pain just like an opioid.

HOW IS IT USED?

Kratom is now sold throughout the United States and on the internet. It is available as a pill, capsule, or powdered extract. It can be used by itself for pain relief or taken simultaneously with a prescription opioid. Most persons with IPS who report kratom use take it between opioid dosages or use it just for flares.

HOW DO I KNOW HOW MUCH TO TAKE?

There are several formulations and brands. In fact, we have received so many different reports that we can't really say that one form, color, or source is better than another. Our recommendation is that you acquaint yourself with someone who already takes kratom for pain relief. This person is in the best position to "show you the ropes" relative to dosage, types, and sources.

START AT A LOW DOSAGE

As with any new drug, start at a low dose and work up over time to maximize effectiveness and prevent any severe side effects.

SUMMARY

Do not let today's opioid restrictions ruin your health and life by leaving you in severe pain. Kratom is available in most communities* as a non-prescription drug. It may be just "right for you."

* Check your state laws regarding kratom-it is currently illegal in a few states.

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