

# Kratom in Tennessee

Story by Jeff Hargis PhD TMC

What is it, What does it do, Where is it from, What are the possible risks or benefits and what you should know before buying it?

East West Herbal is located at 3028 Gallatin Pike in East Nashville. We carry over 300 medicinal herbs, spices, coffees and teas. We pride ourselves in helping people to understand more about herbs and how they work along with their possible risks and benefits.

We hope this article will act as a guide to consumers who are on a quest to explore Kratom; and who are not fully aware of the benefits or risks involved when buying an herbal supplement such as kratom. Things you should know when it comes to Possible Uses, Risks, Pricing, Availability, Quality Sourcing, Purity and Freshness are all important factors.

This article is to give you an basic guide about what you may be buying, how much it should cost and what you should look for in a vendor, so you may evaluate with a better understanding as to whether the product is right for you and where you want to purchase Kratom from.

All information contained in this article is provided for general information purposes only and is not intended as medical advice for the reader. Do not use this information to diagnose a health problem without first consulting a qualified health care provider. No physician- patient relationship is created by reading this article.

## **What is Kratom?**

Mitragyna Speciosa AKA Kratom Leaf is a member of the coffee family. It grows throughout Southeast Asia. The use of this amazing plant goes back beyond the days of the Opium Wars of China. From 1750–1919 the Manchu Dynasty realized the future of the country depended on the control of the opium trade. The Emperor had ordered raids on the Poppy farms to seize or destroy all the opium. This left the Poppy field workers that had become physically dependent on the plant due to exposure to the powerful resin of the Poppy in a state of withdrawal. It was at that time that the presence of the mysterious Kratom plant appeared in history. The plant was used to combat the symptoms of opium withdrawals and give its user relief from pain and

fatigue. In the 1800's the Dutch while in Asia learned of Kratom and is believed to have taken the plant back to Europe to treat Laudanum addiction.

According to the American Kratom Association the magic leaf is said to be used by an estimated 5 million people in America for conditions such as chronic pain, inflammation, stress, anxiety and Opioid addiction withdrawals.

Kratom is considered a partial opioid agonist. Meaning it has the ability to bind to the Opioid (mu) receptors in the body. The body may think it's getting an opioid; without the intoxicating or additive effects. The National Institute on Drug Abuse has awarded researchers at the **University of Florida College of Pharmacy** a two-year, \$3.5 million grant to bolster research on *Mitragyna Speciosa* or Kratom, and its potential to treat Opioid misuse, physical dependence and other conditions such as hypertension, information and diabetes.

## **Where does Kratom come from?**

Kratom grows throughout most of Southeast Asia. Indonesia supplies about 85% of the world's Kratom. It was reported to export 400 tons of kratom each month until the recent salmonella scares from Kratom. Then the exports dropped to 100 tons a month. The exports are reported to be increasing again because of the crack down on black market vendors of the product. Each vendor is required to meet defined guide lines and be licensed by the state. Some black-market vendors do still manage to sell their unregulated products through the internet and social media such as Facebook and Twitter.

Kratom is illegal in many countries. Despite many vendors marketing ploy of claiming to sell Thai and Malay Kratom, it has been banned in Malaysia in 1952 and in Thailand since 1943 but has recently been approved in Thailand for medical use only. Though not impossible to obtain, it's most unlikely it would come from reliable vendors. Other countries have banned Kratom use such as Australia, Denmark, Finland, Israel, Lithuania, Myanmar, Poland, Romania, South Korea, Sweden, United Kingdom.

## **Kratom for sale**

The legality of Kratom is questioned in many states of America. You might get access to Kratom easily in one state but not in another, which depends on the legislation of the state.

Currently, Kratom in these States of America is banned in; Alabama, Arkansas, Indiana, Vermont, and Wisconsin. In many other states, Kratom is strictly regulated.

## **What are the risks involved when buying Kratom?**

Kratom being primarily from third world countries, hygiene is always a concern. If not handled properly the consumer can run a risk of being exposed to pathogens such as viruses, **bacteria**, fungi, protozoa, and helminths (worms). Salmonella and e. coli are two of the most concern. There is also a risk of heavy metals, pesticides and other harmful contaminates. Kratom like many other substances can become habit forming if misused. The withdraw symptoms of Kratom are said to be much the same as a caffeine withdrawal. More study is needed to know more about Kratom both good and bad. As with many other herbal products it is important to understand that none have been approved to prevent, cure or treat any disease or sickness by the FDA.

## **What to look for in a vendor When buying Kratom.**

Remember that many of these herbs are flying under the radar and are not governed by any agency. A few common-sense rules may help you to keep safe and able to make the right choice. If buying online or in a local store, there are a few things you should look for. Are the name and address of the manufacturer on the package? Many times, the package will not clearly state what is in the package or where it was packaged. This leaves a lack of accountability. A lot of websites are nothing more than smoke and mirrors. The web page looks great with images of a clean and modern facility with dozens of employees dressed in sterile clothing; but in reality, it may be a pole barn with a gas powder leaf mulcher in another country.

Ask the vendor for a copy of their license if from an overseas vendor. Ask where the Kratom is sourced from if buying from a local vendor. Ask to see the COA Certificate of Analysis and a MSDS sheet to assure the product has been checked for pathogens and other contaminates and is pure. Remember this is a consumable product that you are putting in to your body. It should be handled the same as any other food that you would be comfortable eating.







*East West Herbal Apothecary* is an alternative and holistic health store located in beautiful East Nashville, Tennessee. We carry a full line of Kratom and CBD products as well as a fine selection of Medicinal herbs, spices, coffees, and teas.

Our Chief Herbalist, Dr. Jeff Hargis, PhD, has 28 years experience in Traditional Chinese Medicine and 13 years with integrative medicine; he has developed an understanding for the blending of Eastern and Western medicine together.

*East West Herbal Apothecary* is the manifestation Dr. Hargis' objective to provide an understanding of natural and spiritual health alternatives so we can achieve a true homeostasis of the body and the mind. This is achieved by offering quality natural supplements to all people seeking to improve their physical and mental health.

Please stop by and visit us at our Nashville location. Also be sure to browse our online store to purchase any of our fine selection of CBD and Kratom products. Or call us if you have any questions. We look forward to hearing from you!

East West Herbal carries Kratom, both prepackaged and bulk; brands like OPMS and WHOLE HERBS.

We have 26 strains and 35 custom blends of house powder and capsules from all over the world.

Our CBD products include Full Spectrum, Broad Spectrum and Full Isolate, Gummies, Vapes, Oils, Lotions, Tinctures and more.

We have exotic teas, coffees and spices from around the world.

East West Herbal can help you select any one of our many fresh herbal products to supplement your homeopathic and dietary needs.

**10% discounts every day from 2pm - 4pm**

**EAST WEST HERBAL KRATOM AND CBD**

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