

**From:** [Eric Avriette](#)  
**To:** [CityClerk](#)  
**Subject:** Ordinance proposal/save the use of kratom  
**Date:** Thursday, February 26, 2026 9:51:21 AM

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Kratom has been greatly beneficial in my life for close to a decade. Just one drink a day has helped me manage my pain from arthritis and scoliosis. At the age of 71, I'm not taking any pharmaceutical medications. I must emphasize I receive the best quality of kratom from Kratom of Life, owned and operated by Matthew Holland. Matthew is an incredibly kind and brilliant business man who takes great pride in the quality of his product.

Thank you for your time!

**From:** [krenstrom](#) [REDACTED]  
**To:** [CityClerk](#)  
**Subject:** Resident request - Vote "no" on Kratom ban  
**Date:** Thursday, February 26, 2026 12:18:39 PM

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City Council members and others in attendance:

I'm sorry I won't be able to attend the meeting this afternoon due to working a full-time job with minimal flexibility in hours. I hope you will consider my comments below and introduce them into the record regarding this issue.

At age 9, I injured my low back jumping out of a tree house. Later I learned my nearly constant low back pain was also related to congenital arthritis. Basically my lowest 4 or 5 vertebrae have abnormally thin discs, contributing to pain, balance issues, sciatica, muscle spasms, and numbness in my feet.

As an adult I've been prescribed physical therapy on at least 5 different occasions, and I'm very consistent about the practicing the exercises I've been given. Unfortunately, as I age, the arthritis gets worse. Various doctors prescribed heavy doses of Ibuprofen, which I took as directed for YEARS. This led to major abdominal pain and damage to my stomach and esophagus. The gastroenterologist prescribed daily antacid medication (Omeprazole) which, it turns out, not only prevented my stomach from producing excessive acid, but also coated my digestive tract in a way that prevented me from absorbing the nutrition from my food. By the time I was 50 years old, I was malnourished, with multiple physical, mental, and emotional consequences of vitamin deficiencies, in spite of eating a diet for over 20 years that consisted exclusively of fresh proteins, whole grains, fruits and vegetables only (no flour, no sugar, no alcohol, no processed food)

But still I was SICK. I felt defeated and I was still in pain, every day.

A friend who was a registered nurse told me about Kratom. She explained it was a plant, grown mostly in Asia, which had a mild pain-relieving effect without the drowsiness or altered mental state associated with even small doses of opiate-based pain medications. She recommended a source who could be trusted, and I began to use it during my work week to combat the devastating pain I used to experience from sitting in a desk chair. I've been able to eliminate all the other crazy chemicals that were making me sicker. I've had a small, consistent dosage, that has not increased in 9 years of use. I follow the directions I was given by that nurse, and have discussed my use of this plant with my regular pain management doctor, and she approved.

Never have I felt like using more than the small dose that was recommended to me. Never have I wanted to "get high" using this plant. It helps with my pain without making me sleepy or silly. It allows me, as a 60 year old woman, to exercise daily, sleep well without waking in the night due to back pain, and work through long days, standing, sitting, walking, without having to stop to lay down and let my back "rest". This was unheard of for me throughout my 30s and 40s.

Please don't remove access to this valued, natural, plant-based remedy from those of us who have finally found a safe, effective method to mitigate pain without the risks and side-effects of all the other chemicals available from the pharmaceutical industry.

Sincerely,

Kim Pringle

Palm Desert resident since 2015

[REDACTED]

[REDACTED]

Palm Desert, CA 92260