
Written Testimony Opposing Ordinance 251028

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To Clerk <Clerk@KCMO.org>

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Dear Ms. Sanders,

I am writing to share my testimony regarding Ordinance 251028 and to offer a perspective that reflects both my lived experience with chronic pain and the emerging scientific data surrounding 7-hydroxymitragynine (7-OH).

For 13 years, I relied on prescription narcotics to manage the severe pain caused by degenerative spinal stenosis and advanced facet joint arthritis. During that time, my mobility was extremely limited. Since beginning the use of 7-OH, however, the improvement in my daily functioning has been life-changing.

With its help, I now walk two miles three to four times per week—something that felt impossible for more than a decade. I am also able to care for my 18-month-old grandson, carrying him up and down stairs, playing with him on the floor, and engaging in physical activities that were once completely out of reach. I have also been able to return to outdoor activities that I had long given up. This compound has restored parts of my life that I truly believed were lost forever.

These personal improvements are consistent with preclinical research demonstrating that 7-OH is a potent analgesic with strong affinity for the μ -opioid receptor and significantly higher pain-relieving potency than mitragynine or even morphine in certain models. Notably, research also shows that 7-OH acts as a G-protein-biased agonist, a mechanism that may produce effective analgesia while reducing some of the adverse effects typically associated with traditional opioids.

Additionally, safety data from a 2025 toxicology study found that even at extremely high doses—up to ten times typical human exposure—7-OH produced no cardiac, neurological, or behavioral harm in test animals, with only mild and temporary effects reported. All subjects recovered fully. Human cell studies further found no toxicity to lung, kidney, or blood cells even at high concentrations.

Real-world safety data also reinforces this picture. According to analyses of FDA and federal agency records, there have been no confirmed deaths from 7-OH alone despite more than half a billion estimated doses consumed nationwide, and only five serious adverse events reported.

My experience aligns closely with this evidence: 7-OH has improved my mobility, allowed me to reduce reliance on harsher medications, and has given me the ability to participate in daily life again. I understand

the desire to protect public health, but I respectfully ask that the Council consider individuals like myself who use this compound responsibly and depend on it for meaningful, life-restoring pain relief.

Thank you for your time, attention, and service to our community.

Sincerely,

LaQuita Rabanal