

# **GETTING OFF FEEL FREE v2**

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*A Simple Guide to Quitting*

For People Who Are Done With This Stuff

No fancy words. No doctor talk.  
Just what you need to know to get through this.

*Updated with lab analysis information*

## FIRST THINGS FIRST

You're drinking 8-12 bottles of Feel Free a day.

That's a lot. You already know that.

Here's the deal — and this is important:



### WHAT'S REALLY IN THIS STUFF

Feel Free isn't just regular kratom and kava. Lab testing has found it contains CONCENTRATED ALKALOIDS — the stuff that makes kratom work, but way stronger.

The main ones:

#### 7-HYDROXYMITRAGYNINE (7-OH)

This is the big one. It's 13 to 46 TIMES stronger than regular kratom alkaloids. It hits your brain's painkiller receptors HARD. This is why Feel Free hits different than regular kratom — and why quitting is so much harder.

#### OTHER ALKALOIDS

Feel Free contains a cocktail of other compounds that amp up the effects. This isn't just dried leaf in a bottle.

#### KAVA

On top of all that, there's kava, which calms you down like alcohol or anxiety meds.

#### SO WHAT DOES THIS MEAN FOR YOU?

It means you're not just hooked on kratom. You're hooked on a CONCENTRATED, ENHANCED version that's way more potent than what you'd get from regular kratom.

This is why Feel Free withdrawal is so brutal.

This is why you need to taper SLOWLY.

This is why cold turkey is a bad idea.



### WHY THIS MATTERS

Regular kratom is one thing. What's in Feel Free is another level.

Think of it like this:

- Regular kratom = beer
- Feel Free = high-proof liquor with extra stuff mixed in

You wouldn't quit a handle-a-day liquor habit the same way you'd quit beer. Same idea here.

The concentrated 7-OH alkaloids create a stronger physical dependence. Your brain has been getting hit with potent stuff. It's going to take TIME to readjust.

Don't beat yourself up for how hard this is. The product was designed to hook you.

## THE TAPER: HOW TO CUT DOWN

Because Feel Free contains concentrated alkaloids, you need to taper SLOWLY.

Cutting too fast will make you feel terrible and you'll probably go back to it.

Here's a 12-week schedule designed for the potency of this stuff:

WEEK	DAILY BOTTLES	NOTES
Start	8-12 bottles	Where you are now. Pick your starting number.
Week 1-2	8 bottles	Hold steady. Let your body adjust to this being the new max.
Week 3-4	6 bottles	Cut by 2. Space them evenly through the day.
Week 5-6	5 bottles	Small cut. Slow and steady.
Week 7-8	4 bottles	Halfway there. You're doing it.
Week 9	3 bottles	Getting close. Stay strong.
Week 10	2 bottles	Almost there. Hardest cuts coming.
Week 11	1 bottle	One more week. You can see the finish line.
Week 12	1/2 bottle	Final step. Then you jump off.
Week 13+	ZERO	You're free. Now the healing begins.

### 🔴 WHY THIS TAPER IS LONGER

Because of the concentrated 7-OH alkaloids in Feel Free, your body needs MORE TIME to adjust.

A faster taper (like 4-6 weeks) might work for regular kratom, but Feel Free is stronger stuff.

Going slow:

- Reduces withdrawal symptoms
- Makes it more likely you'll actually finish
- Gives your brain time to start making its own feel-good chemicals again
- Is just smarter when dealing with potent alkaloids

YES, 12 weeks feels like forever. But 12 weeks of tapering beats years of staying hooked.

### ⚠️ IMPORTANT TAPER RULES

SPACE YOUR BOTTLES OUT

If you're at 6 bottles, that's roughly one every 3-4 hours while you're awake. Don't front-load them.

#### DON'T GO BACKWARDS

If you're supposed to be at 5 and you have 7, that's a slip. Get back on track the next day. But don't make it a habit.

#### STAY AT A LEVEL IF YOU NEED TO

If a cut is really hard, stay at that level for an extra week or two. There's no prize for speed. The goal is to GET OFF and STAY OFF.

#### CUT BY AMOUNT, NOT BY FEELING

Your body will ask for more. That's the addiction talking. Stick to the numbers.

#### THE LAST CUTS ARE HARDEST

Going from 2 to 1 to 0 is harder than going from 8 to 6. Be ready for this. It's normal.

## OPTION B: SWITCH TO PLAIN KRATOM FIRST

Some people find it easier to first switch from Feel Free to regular kratom powder, then taper off that.

This is because regular kratom is LESS POTENT than Feel Free's concentrated alkaloids.

### HOW THIS WORKS

#### STEP 1: SWITCH TO PLAIN KRATOM

Replace Feel Free bottles with regular kratom powder or capsules. You'll need to experiment with doses since it's less potent.

Rough starting point: Try 3-5 grams of kratom powder to replace one bottle of Feel Free. Adjust based on how you feel.

#### STEP 2: STABILIZE

Spend 1-2 weeks finding the kratom dose that keeps you stable (not high, just not sick).

#### STEP 3: TAPER THE KRATOM

Now taper down the kratom. This is often easier because:

- You control the exact dose (grams, not bottles)
- Regular kratom is less potent
- You can make smaller cuts (0.5g at a time)

#### STEP 4: JUMP OFF

When you get down to a low dose (2-3 grams/day), make the jump to zero.

### IS THIS METHOD FOR YOU?

#### CONSIDER THE KRATOM SWITCH IF:

- You've tried tapering Feel Free directly and keep failing
- The concentrated alkaloids are just too hard to step down from
- You want more control over your exact dose
- You can't afford Feel Free prices during a long taper

#### STICK WITH THE FEEL FREE TAPER IF:

- You don't want to introduce a new substance
- You're worried you'll just get hooked on kratom
- The Feel Free taper is working for you
- You want to just be done with all of it

Both paths lead to the same place: FREEDOM.

## WHAT WITHDRAWAL FEELS LIKE

Because Feel Free has concentrated alkaloids, withdrawal can be INTENSE. Here's what's normal:

### ⚠ BODY STUFF

- CAN'T SLEEP — This is usually the worst part. Your body forgot how to shut down without the stuff.
- Restless legs at night — They just won't stay still. Drives people crazy.
- Runny nose, watery eyes — Like a bad cold that won't quit.
- Sweating — Then chills. Then sweating again.
- Muscle aches — Especially legs, back, and arms. Deep aches.
- Stomach problems — Runs, cramps, no appetite, nausea.
- Feeling weak and tired — No energy for anything.
- Goosebumps, skin crawling — Weird sensations.

### ⚠ MIND STUFF

- Anxiety — Feeling on edge, panic, racing thoughts.
- Depression — Feeling hopeless, "what's the point," dark thoughts.
- CRAVINGS — Your brain screaming for Feel Free. This is the hardest part.
- Mood swings — Fine one minute, crying or angry the next.
- Can't focus — Brain fog, can't think straight.
- Irritable — Everything and everyone annoys you.
- Anhedonia — Nothing feels good or interesting. This is temporary.

### 🛑 BECAUSE OF THE 7-OH CONTENT

The concentrated 7-hydroxymitragynine in Feel Free means withdrawal may be MORE INTENSE and LONGER than regular kratom withdrawal.

ACUTE PHASE (Days 1-7 after last dose):

This is the hardest part. Physical symptoms peak around days 2-4.

POST-ACUTE PHASE (Weeks 2-8):

Physical stuff mostly gone, but mental stuff hangs around. Cravings, low mood, sleep issues, low energy.

FULL RECOVERY (Months 2-6):

Brain chemistry slowly returns to normal. Each week better than the last.

**DON'T PANIC:** This timeline is for going to ZERO. If you're tapering slowly, you spread this out and make it much more manageable.

### THE GOOD NEWS

IT ENDS.

Every single symptom is temporary. Your brain will heal. Your body will heal.

Millions of people have gotten through opioid-type withdrawal. The human body is built to recover.

The slow taper makes all of this MUCH easier. You're not hitting the wall all at once — you're stepping down gradually.

Keep going. It gets better.

## HOW TO HANDLE CRAVINGS

Cravings are going to come. That's just how it is with this stuff.

But here's the thing: Cravings are like waves. They build up, they peak, and they go back down.

Most cravings only last 15-30 minutes. If you can ride it out, it WILL pass.

### THE 20-MINUTE RULE

When a craving hits hard:

1. LOOK AT THE CLOCK — Note the time.
2. TELL YOURSELF: "I just have to make it 20 minutes."
3. DO ANYTHING ELSE for those 20 minutes. Anything.
4. CHECK BACK — The craving will be weaker or gone.

You're not saying "never again." You're saying "not right now."

That's way easier for your brain to handle.

And every time you ride out a craving, you get stronger. Your brain learns that it can survive without the stuff.

### THINGS TO DO WHEN CRAVING HITS

#### GET MOVING

Walk, pushups, clean something, pace around. Moving your body actually changes your brain chemistry and can kill a craving.

#### COLD WATER ON YOUR FACE

Splash cold water on your face or take a cold shower. Sounds crazy but it shocks your system and interrupts the craving.

#### CALL OR TEXT SOMEONE

Anyone who knows what you're going through. Just talking out loud helps.

#### EAT SOMETHING

Low blood sugar makes cravings worse. Eat a real meal or at least a snack.

#### STRONG FLAVORS

Sour candy, strong mints, hot sauce — strong tastes can snap you out of the craving trance.

#### CHANGE LOCATIONS

Get up and go somewhere else. Anywhere. Cravings are often tied to places.

#### BREATHE

Deep breath in for 4 counts. Hold for 4. Out for 8. Repeat 5-10 times.



## KNOW YOUR DANGER ZONES

Think about WHEN you usually reach for Feel Free:

- First thing in the morning?
- When you wake up in the middle of the night?
- After work?
- When you're bored?
- When you're stressed or anxious?
- When you're around certain people?
- At certain places?
- When you're tired?
- When you're lonely?

These are your TRIGGERS. Write them down. PLAN for them.

If 6am is when you always drink, have a plan for 6am before you get there. Don't just hope you won't want it.

# YOUR SURVIVAL KIT

Get this stuff BEFORE you start. You'll need it, especially in the later stages.

## STUFF TO BUY

FOR SLEEP (your #1 problem):

- Magnesium glycinate — 400mg before bed. Helps you relax and helps restless legs.
- Melatonin — 3-5mg, take 30 min before bed.
- Chamomile or sleepy-time tea
- Benadryl — For really bad nights ONLY. Don't use every night.
- Black-out curtains or sleep mask
- Fan or white noise machine

FOR RESTLESS LEGS:

- Magnesium (see above)
- Heating pad
- Compression socks
- Hot baths before bed

FOR BODY ACHEs:

- Ibuprofen (Advil) or Tylenol
- Heating pad
- Epsom salt for baths
- Icy Hot or similar

FOR STOMACH:

- Imodium (for the runs)
- Pepto-Bismol
- Ginger tea or ginger ale
- Easy foods: crackers, bananas, rice, toast

FOR HYDRATION:

- Pedialyte or Gatorade — NOT just water. You need electrolytes.
- Broth or soup
- Lots of water too

FOR MOOD/ANXIETY:

- L-Theanine — 200mg, helps calm without making you sleepy
- Vitamin D — 5000 IU daily
- B-Complex vitamins
- Omega-3 fish oil

## FREE STUFF THAT ACTUALLY HELPS

### SUNLIGHT

Get outside within an hour of waking. Even 10 minutes. Sunlight resets your sleep clock and boosts mood. This is huge.

### HOT BATHS/SHOWERS

As many as you need. They help aches, calm anxiety, and can help you sleep.

### MOVEMENT

Even just walking around the block. Exercise releases natural feel-good chemicals. It's basically free medicine.

### DEEP BREATHING

When anxiety hits: In for 4, hold for 4, out for 8. Repeat 5-10 times. Activates your calm-down system.

### COLD EXPOSURE

Cold showers or cold water on face. Releases adrenaline and dopamine naturally. Good for cravings and mood.

### MUSIC

Make a playlist of songs that make you feel strong. Use it.

### NATURE

Being outside in green spaces actually changes brain chemistry. Not hippie stuff — science.

## AFTER YOUR LAST DOSE: DAY BY DAY

Once you finish your taper and take your last dose, here's what to expect:

*(If you tapered slowly, this will be MUCH milder than cold turkey)*

TIME	WHAT TO EXPECT	WHAT TO DO
<b>Day 1</b>	Anxiety building, sleep getting hard	Stay busy, hydrate, go to bed early
<b>Days 2-3</b>	Peak physical symptoms	Rest, hot baths, use your kit, ride it out
<b>Days 4-5</b>	Starting to turn the corner	Keep going. Eat. Walk. You're almost through.
<b>Days 6-7</b>	Physical stuff fading	Each day better. Start light routine.
<b>Week 2</b>	Physical mostly gone, mental hangs on	Cravings, low mood still around. Normal.
<b>Weeks 3-4</b>	Feeling more human	Sleep improving. Stay alert for cravings.
<b>Month 2</b>	Much better	Good days outnumber bad. Keep going.
<b>Months 3-6</b>	New normal forming	Brain healing. Energy returning.

### ⚠ THE SLEEP THING (READ THIS)

Sleep is going to be rough. Especially with the 7-OH alkaloids in Feel Free, your brain's sleep system got dependent on the stuff.

EXPECT:

- Trouble falling asleep
- Waking up at 3am unable to get back to sleep
- Restless legs driving you crazy
- Weird, vivid dreams when you do sleep

WHAT HELPS:

- Magnesium glycinate 400mg before bed (this is your friend)
- Keep room COLD (65-68°F) and DARK
- No screens 1-2 hours before bed
- Same bedtime every night, even weekends
- Hot bath 1-2 hours before bed
- If you can't sleep, get up and do something boring. Don't lie there stressing.

TIMELINE:

Sleep usually starts coming back around week 2-3. By month 2, most people are sleeping okay.

IT GETS BETTER. Your brain will remember how to sleep on its own.



## STAYING OFF: THE REAL WORK

Getting off is hard. Staying off is the real challenge.



### YOUR BRAIN WILL LIE TO YOU

After a few weeks or months feeling good, your brain will say:

"You're better now. You can have just one."

"See, it wasn't that bad. You overreacted."

"You deserve a reward for doing so well."

"Just one bottle won't hurt."

"This time you can control it."

"You're not like those other people."

THESE ARE ALL LIES.

The 7-OH alkaloids in Feel Free rewired your brain. One bottle will wake that up. One becomes two. Two becomes ten. And you're back where you started — or worse.

There is no "just one" for you. Not anymore.

WRITE DOWN why you quit. Everything it cost you. Look at that list when the lies come.



### BUILD A LIFE YOU DON'T WANT TO ESCAPE FROM

Ask yourself: Why were you drinking 8-12 bottles a day in the first place?

Were you:

- Bored with no purpose?
- Stressed out and overwhelmed?
- Lonely or isolated?
- Avoiding something painful?
- Dealing with physical pain?
- Anxious or depressed?
- Just trying to get through the day?

Feel Free was your escape. If you don't deal with what you were escaping FROM, you'll find another escape.

This might mean:

- Finding something meaningful to do
- Dealing with whatever you've been avoiding
- Making real connections with people
- Getting help for depression/anxiety if you have it

- Finding healthy ways to feel good
- Addressing any physical pain properly

The goal: Build a life where you don't NEED to escape.

## YOU NEED PEOPLE

You cannot do this alone. Isolation is where relapse lives.

Tell at least ONE person what you're going through.

If you don't have anyone:

- NA meetings — free, everywhere. Yes, kratom/Feel Free counts.
- SMART Recovery — online, free, science-based.
- Reddit r/quittingkratom — thousands of people who get it.
- Reddit r/feelfreesupport — specific to Feel Free.

Being around people who understand changes everything.

When you're alone with your thoughts, that's when the lies win.

## IF YOU SLIP UP

It happens. Many people slip on the way to getting clean for good.

If you drink a Feel Free after you've quit, here's what to do:



### WHAT NOT TO DO

DON'T say "I already messed up, might as well keep going"

This is the WORST thing you can do.

One slip doesn't erase your progress. Going back to 8-12 bottles does.

Think of it this way:

- A slip = stepping in a puddle
- Full relapse = jumping in the ocean

You stepped in a puddle. Don't jump in the ocean.



### WHAT TO DO INSTEAD

#### 1. STOP RIGHT NOW

Put it down. Don't have another one. One slip doesn't have to become a full relapse.

#### 2. TELL SOMEONE IMMEDIATELY

Call or text someone who knows. The shame wants you to hide. DON'T HIDE.  
Secrets keep you sick.

#### 3. FIGURE OUT WHAT HAPPENED

What triggered it? Stress? A person? A place? A feeling? Be honest.

#### 4. MAKE A PLAN

How will you handle that trigger next time? What will you do different?

#### 5. GET BACK ON TRACK RIGHT NOW

Not tomorrow. Not Monday. RIGHT NOW.

#### 6. DON'T BEAT YOURSELF TO DEATH

Shame makes you want to use more. Learn from it and move forward.



### EVERY DAY CLEAN MATTERS

If you were clean for 60 days and slipped once, you didn't lose those 60 days.

Your brain was healing that whole time. Your receptors were recovering. Your life was getting better.

One slip is a stumble, not a fall.

Dust yourself off. Keep going. You've got this.



## THE TRUTH ABOUT THIS

Let's be completely real:

Feel Free contains concentrated, potent alkaloids that create real physical dependence.

At 8-12 bottles a day, you're dealing with serious stuff.

This is going to be one of the hardest things you've ever done.

There will be days when you want to give up.

There will be nights that feel endless.

There will be moments when Feel Free seems like the only answer.

### **BUT HERE'S WHAT'S WAITING FOR YOU**

- Waking up without needing something just to feel normal
- Having money again (add up what you were spending — it's insane)
- Not planning your whole life around bottles
- Real energy that doesn't crash
- Being actually present for the people you love
- Never worrying about running out
- Not being a slave to a product
- Feeling proud of yourself
- Being FREE — actually free, not "Feel Free"

**You can do this.**

People hooked on harder stuff have gotten clean.

People who thought they never could have done it.

You're not weak. You got hooked on something specifically designed to hook you.

Now you're taking your life back.

**One day at a time.**

**One hour at a time if that's what it takes.**

**One craving at a time.**

**You've got this.**

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*The other side is worth it.*