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ClearPath

# The 30-Day Kratom Quit Plan

A structured, supplement-supported protocol  
for breaking the cycle and getting clean.

**FREE GUIDE — CLEARPATH**

[clearpath-26.polsia.app](https://clearpath-26.polsia.app)

**This guide is for informational purposes only.  
Not a substitute for professional medical advice.**

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## How to Use This Guide

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- This is a 30-day plan, not a 30-day cure. You build the habit before you feel the payoff.
- Follow the daily protocol as closely as possible — consistency matters more than perfection.
- Get the kit. The supplements in this guide are specifically chosen for this protocol. Random Amazon bottles won't replicate it.
- Tell someone. Accountability changes outcomes. Text a friend, post in a community, just don't do it completely alone.
- If you slip, you're not back to zero. Log the day, continue the next morning. Most people who fail quit on day 3, not day 30.
- Medical note: If you're on prescription medications or have a chronic health condition, talk to your doctor before starting.

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## Understanding Your Habit

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### Why Kratom hooks people

Kratom (mitragynine) acts on opioid receptors in your brain. At low doses it produces stimulant effects. At higher doses it produces sedation and euphoria. The cycle builds fast because the half-life is short — you're dosing every few hours to maintain the effect.

### What withdrawal actually feels like

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|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Days 1–3:</b>   | Acute flu symptoms. Muscle aches, fatigue, nausea, runny nose, watery eyes. Anxiety spikes. Insomnia is common.                                           |
| <b>Days 4–7:</b>   | Physical symptoms begin to ease. Mood flatness and anhedonia (inability to feel pleasure) set in. Brain fog is common. This is where most people give up. |
| <b>Days 8–14:</b>  | Stabilization. Sleep normalizes. Mood starts to lift. Energy returns slowly. Cravings may still be present.                                               |
| <b>Days 15–30:</b> | Building momentum. By day 21 most people report feeling significantly better. Sleep, mood, and energy continue to improve. The fog lifts.                 |

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## Week 1: Physical Foundation (Days 1–7)

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Week 1 is about minimizing acute symptoms and keeping your body functioning. You're going to feel terrible. This week is not about feeling good — it's about surviving without going back to the dose.

### Daily Protocol

|                              |                                               |
|------------------------------|-----------------------------------------------|
| <b>Ashwagandha KSM-66</b>    | 300mg twice daily (morning + early afternoon) |
| <b>Liver Support Complex</b> | 1 capsule morning with food                   |
| <b>Liposomal Vitamin C</b>   | 1,000mg twice daily (morning + evening)       |
| <b>Colloidal Silver</b>      | 1 tsp under tongue, hold 60 seconds, swallow  |
| <b>Vitamin B12</b>           | 1,000mcg sublingual, morning                  |

### Critical Rules

1. No alcohol. It interacts badly with withdrawal and depletes B vitamins.
2. Hydrate aggressively. Minimum 3 liters of water per day.
3. Rest when you can. Your body is running a marathon. Sleep as much as possible.
4. Don't go cold turkey on anything else. Keep caffeine minimal.
5. Walk if you can. Even 20 minutes reduces anxiety and helps sleep.

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## Week 2: Stabilization (Days 8–14)

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The acute phase is behind you. Now the challenge shifts to mood. Your brain is recalibrating its reward system. This week is where people feel “flat” or “zero” — not sick, but not alive either. Push through. It’s a recalibration phase, not a permanent state.

### Daily Protocol

**Ashwagandha KSM-66** 300mg twice daily — continue

**Liver Support Complex** 1 capsule morning with food

**Liposomal Vitamin C** 1,000mg twice daily

**Colloidal Silver** 1 tsp daily (morning)

**Vitamin B12** 1,000mcg sublingual, morning

### This Week’s Focus

Sleep should start improving around day 10. If insomnia persists, ashwagandha dose can move to bedtime.

Mood flatness is normal. You’re not broken — your dopamine system is re-regulating. It takes time.

Cravings may spike at familiar trigger times (morning coffee, afternoon slump, stressful moments). Have a plan for each.

Light exercise daily is non-negotiable. Even a 15-minute walk changes the trajectory.

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## Week 3: Building Momentum (Days 15–21)

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You're past the hard part. The acute withdrawal is gone. Your brain is rebuilding. This is the phase where people feel a real shift — sleep is better, energy is back, mood is lifting. Keep going. The reason most people fail at this stage is they feel “okay” and convince themselves they can handle one dose. You can't. Don't.

### Daily Protocol

|                              |                              |
|------------------------------|------------------------------|
| <b>Ashwagandha KSM-66</b>    | 300mg once daily (morning)   |
| <b>Liver Support Complex</b> | 1 capsule morning with food  |
| <b>Liposomal Vitamin C</b>   | 1,000mg once daily           |
| <b>Colloidal Silver</b>      | 1 tsp daily                  |
| <b>Vitamin B12</b>           | 1,000mcg sublingual, morning |

### Keep Going Because:

1. You're at the highest relapse point of any quit attempt.
2. Your brain is forming new opioid receptor patterns. This takes 21–30 days.
3. The people who made it past day 21 almost never went back.
4. You're investing in a version of yourself that doesn't need this to function.

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## Week 4: The New Normal (Days 22–30)

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By the end of week 4, most people report feeling substantially better. Sleep is solid. Mood has normalized. Energy is back. Cravings have diminished significantly. This isn't magic — it's biology. Your brain chemistry has had time to re-regulate.

### Week 4 Protocol

Continue the supplement stack at week 3 levels. Drop ashwagandha to 300mg every other day in week 4 if you feel stable. Liver support and B12 can continue for another 2 weeks. Vitamin C can continue indefinitely.

### Building the New Routine

1. Exercise: Now is the time to build a real habit. Something you actually enjoy — walking, lifting, swimming, yoga.
2. Sleep hygiene: You've earned a real sleep schedule. Protect it.
3. Social: Reconnect with people who support the version of you that doesn't use.
4. Warning signs: If mood collapses, sleep breaks down, or cravings intensify after week 3, talk to a doctor. Post-acute withdrawal can last weeks and there are supports available.
5. Celebrate: You made it to day 30. That's not a small thing. Write it down.

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## Supplement Reference

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### What Each Supplement Does and Why

#### Ashwagandha KSM-66

Cortisol regulation. Kratom withdrawal spikes cortisol — anxiety, agitation, insomnia. Ashwagandha directly reduces cortisol response. KSM-66 is the most clinically studied form.

#### Vitamin B12 (Methylcobalamin)

Kratom interferes with B12 absorption. Deficiency causes fatigue, brain fog, and nerve issues. Sublingual bypasses the gut — get it in your bloodstream, not through the damaged gut lining.

#### Liver Support Complex

Long-term Kratom strains the liver. Milk thistle, NAC, and turmeric support hepatic detox. Start this immediately — your liver is already working overtime.

#### Liposomal Vitamin C

High-dose Vitamin C helps manage oxidative stress and glutamate dysregulation during acute withdrawal. Liposomal form bypasses absorption limits. Take it.

#### Colloidal Silver

Immune scaffolding. Withdrawal suppresses immune function. Colloidal silver supports immune response during the physiological stress window.



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## When to Get Help

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This guide is informational. It does not replace medical advice. If any of the following occur, contact a medical professional:

- & Suicidal thoughts or self-harm urges at any point.
- & Chest pain, irregular heartbeat, or shortness of breath during withdrawal.
- & Severe dehydration from vomiting/diarrhea that doesn't stop within 48 hours.
- & Confusion, hallucinations, or severe disorientation.
- & Pre-existing conditions (heart disease, liver disease, mental health conditions) that may complicate withdrawal.
- & Taking prescription medications that may interact with supplements or withdrawal symptoms.

If you're unsure whether to continue, pause the protocol and talk to a doctor.  
This is not weakness — it's caution.

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## Resources

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### Online Communities

[/r/quittingkratom](#) — Reddit community, active daily, genuinely supportive.

[/r/kratomrecovery](#) — Recovery-focused, less political.

[Kratom.org](#) — American Kratom Association resources and advocacy.

YouTube: Search “quit Kratom day-by-day” — dozens of personal accounts documented. You’re not the first person to do this.

### Hotlines

SAMHSA National Helpline: 1-800-662-4357 (free, 24/7, confidential)

Crisis Text Line: Text HOME to 741741

If you’re in danger, call 911.

### The ClearPath Quitkit

All five supplements in this guide are bundled in the ClearPath 21-Day Quitkit, organized by week and shipped to your door. One purchase, no subscription, no guesswork.

[clearpath-26.polsia.app/product](https://clearpath-26.polsia.app/product)

ClearPath is not a medical product and makes no claims to diagnose, treat, cure, or prevent any disease. Consult a physician before starting any supplement protocol.