

KAVA KAVA

What is KAVA KAVA?

Kava is a member of the pepper family. The main active ingredients in the root of Kava are a group of compounds called kavalactones. These kavalactones cause changes in brain activity similar to that of anti-anxiety drugs, but without the sedative or hypnotic effects. Researchers suspect Kava may promote relaxation, sleep and rest by altering the way the limbic system modulates emotional processes. Kava preparations are approved medicines in several European countries. Low dosages of Kava help one to be more aware and active, but not tense while a higher dosage can make one sleepy, but usually Kava is simply calming and a very effective muscle relaxant. *

What are the benefits?

The primary indication for Kava is for the treatment of anxiety, nervous tension and unrest. Recent research has found that Kava does not decrease reaction time or ability to concentrate. Kava's effects extend beyond psychological processes to also include muscle relaxation. It is often recommended for pain and stiffness, anxiety, insomnia, menopausal anxiety, pain and jet lag. Kava has an antiseptic and anesthetic effect on the urinary tract and bladder and has been used successfully to treat urinary tract infections. It is a strong diuretic and this cleansing effect with its analgesic properties make it useful in combating arthritic and rheumatic problems including gout. It should not be taken with antidepressant or anti-anxiety medications or combined with alcohol and other mood-altering drugs. *

Supplement Recommendation:

Black Kava is among the most effective on the market. Look for a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **A remedy for insomnia and nervousness***
- **Reduces stress-related anxiety and effects of anxiety disorders***
- **Supports muscle relaxation***
- **Reduces pain and stiffness***
- **Contains analgesic properties***
- **Useful in combating arthritic and rheumatic problems***
- **Provides a calming effect from tenseness***

Supporting Research:

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.