

KAVA /'kävə/

Pacific Islands drink from the roots of the Kava shrub, having a mildly sedative effect, reduces inflammation & anxiety

Origins & Making of Kava

1

Piper methysticum: The Kava plant originates from the South Pacific islands including Fiji and Hawaii. Pacific Islanders use(d) Kava at kinship rituals and ceremonies.

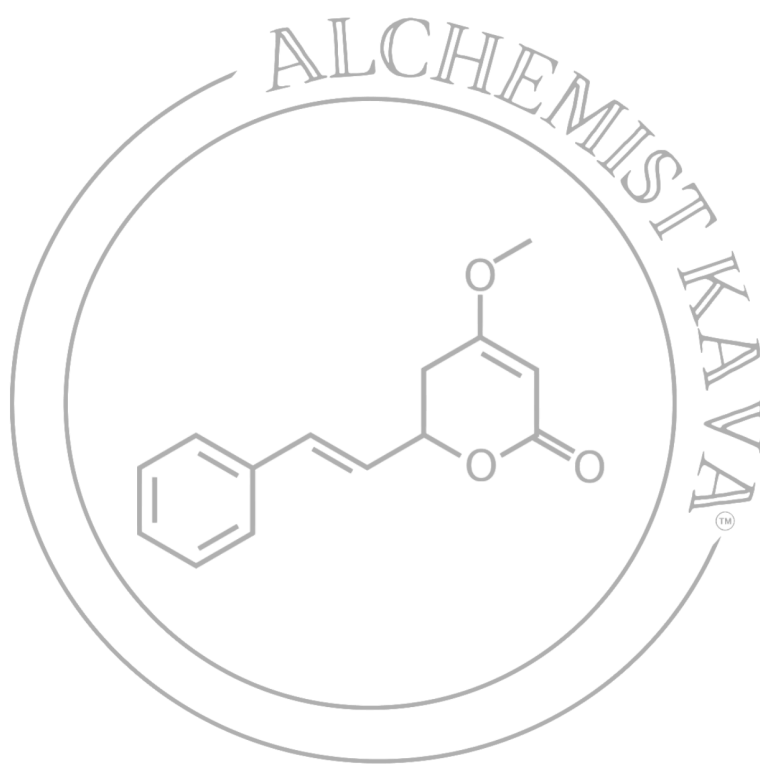
Kava is made by crushing the sun-dried root of the kava plant into a fine powder and mixing it with water. Commonly served in a coconut shell, with the phrase "**Bula!**" which translates in Fijian to "Hello/Welcome"

2

Common Effects

Kava contains 6 **kavalactones** (active chemical compounds). These lactones initiate GABA receptors, resulting in:

- Improved mood
- Sleep quality
- Reduced anxiety and inflammation
- Muscle relaxation
- Reduced Stress



Kratom / 'krā-təm/

Southeast Asian drink which comes from the leaves of the Kratom plant. Known for its euphoric, energetic, social, and pain relieving effects

Origins & Making of Kratom

1

Mitragynia speciosa - The Kratom plant originates from Southeast Asia and has been used for centuries by native cultures as an herbal remedy for battle pain, fatigue, and in native religious ceremonies.

Kratom is made by harvesting the plant's leaves and making it into tea from either crushed leaves or a fine powder. There are 3 main color strains of kratom, and these strains are determined by age of the plant when the leaves are harvested:

White (Energizing)
Green (Mood Enhancing)
Red (Relaxing)

2

Common Effects

Mitragynia speciosa contains over 40 known alkaloids, 2 of which are mainly responsible for interacting with the opioid receptors in your brain: Mitragynine and its derivative, 7-hydroxyidolenine (7-HMG). This results in effects:

- **Anti-inflammatory Properties**
- **Reduced Corticosterone Levels = less stress, depression & anxiety**
- **Alleviate Pain**
- **Euphoria**