

How to Use Kava to Lower Stress

Disclaimer: In rare cases, kava can cause liver toxicity. If you're on any medication, consult with your doctor before using kava.

What is kava?

Kava is a muddy-tasting root from the Pacific Islands, where people have used it for centuries as a stress reliever and ceremonial drink.

How does it work?

The secret lies in kavalactones, the psychoactive parts of the kava plant. They put you in a rare state of relaxed focus.

Kava Benefits:

Eases anxiety

Keeps you relaxed but alert

Improves sleep

Soothes sore muscles

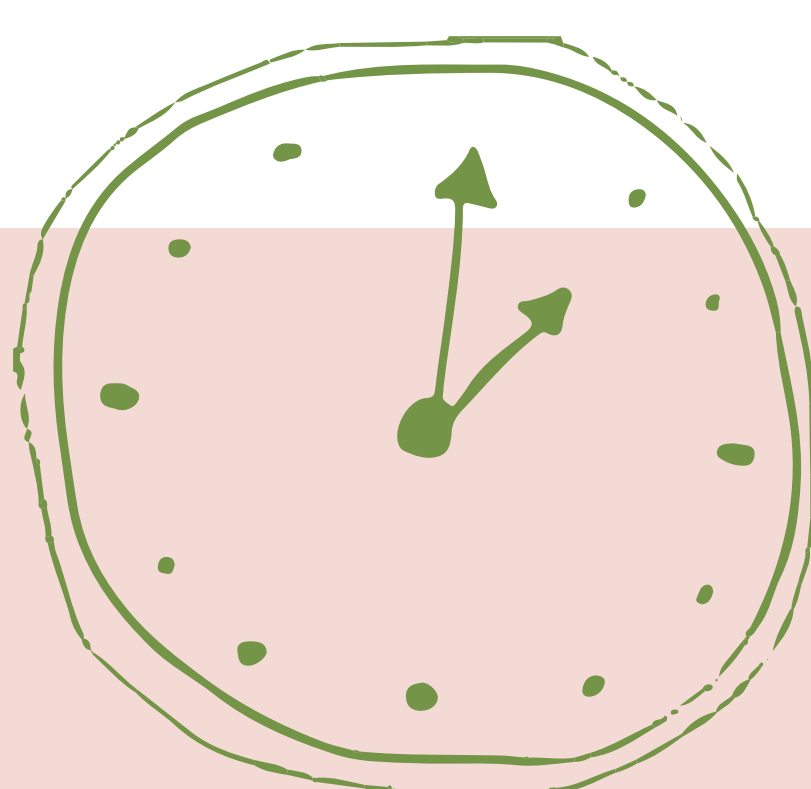
Alcohol alternative

How much to take?

You can take kava in tea, powder, capsule, or tincture form. Experts recommend 70-250mg of kavalactones a day. Read the product label to find out kavalactone content.

When to take it

For better sleep, take kava an hour before bed. For anxiety relief, divide up dose throughout the day.



What to expect

Your lips might feel a bit numb -- that's normal. It takes about 20 minutes to kick in, and you'll feel the relaxing effects for at least three hours after taking it. You won't get high -- kava is a muscle relaxant, so it simply loosens up the body while keeping you alert.