EP\_1226\_TRU\_KAVA\_(AUDIO)

[00:00:00] **Cameron:** It affects dopamine without creating that addiction dependency withdrawal type cycle. So it's not a state [00:00:05] where you lose control, you actually feel like more of yourself. Which is what makes kava the [00:00:10] most unique and relevant psychoactive medicine for our modern age. Kava [00:00:15] is really amazing at getting you into what I call the perfect state of mind, hyper sobriety.

If they [00:00:20] ever layer in like a traditionally prepared kava into coffee, you get this amazing [00:00:25] elation. It just like supercharges it. Is kava a drug? [00:00:30]

[00:00:31] **Dave:** You're listening to the Human upgrade with Dave Asprey.[00:00:35]

Today, we're going to talk about. [00:00:40] Some interesting things are going on in the [00:00:45] world that you might not know about. 41 percent of Americans say [00:00:50] they're planning to drink less alcohol, which is a 7 percent increase [00:00:55] in one year of people saying, I don't want to drink as much. And [00:01:00] 61 percent of Gen Z say that they're reducing that up from 40 [00:01:05] percent in 2023.

So we're seeing a massive societal [00:01:10] change where people are saying alcohol just isn't worth it. And it's not like they're [00:01:15] just sitting around drinking water they're doing something else. And we're going to [00:01:20] talk about things you can do instead of alcohol that are still fun, that still give you the [00:01:25] benefits of alcohol.

What are the benefits? Well, fun. [00:01:30] Uh, social lubrication. The problem is, If they come [00:01:35] with a huge health impact, which alcohol has, and since the very beginning of [00:01:40] biohacking, I've been saying all you have to do is track your sleep. And look at what one drink does to [00:01:45] you. And you realize alcohol is a bad idea.

If you want to live a very long time, like I do, [00:01:50] or if you want to have a highly functioning brain, like I do. So [00:01:55] what's in the middle. Our guest today is my friend, Cameron George, who runs [00:02:00] a company called Drew Kava. I've been an advisor and investor in Trucava since just [00:02:05] about the very early days of the company.

[00:02:06] **Cameron:** Pretty early. Yeah, it was, we were a couple. I mean, I spent seven years [00:02:10] developing the framework of the company and the supply chain, the South Pacific. Once we launched, it [00:02:15] was probably like two years after maybe it was early on. Yeah.

[00:02:19] **Dave:** And you guys are [00:02:20] now in Sprouts. And so the company is going well, and if you've never heard of [00:02:25] kava, kava is a really interesting compound.

Cameron, tell me [00:02:30] about kava.

[00:02:31] **Cameron:** Kava is a stress relieving social tonic. In fact, it's [00:02:35] nature's original stress relieving social tonic that builds mental health instead of [00:02:40] detracts from it.

[00:02:40] **Dave:** Okay. Nature's original? What does this mean?

[00:02:44] **Cameron:** Well, it means [00:02:45] that it's, it's a whole food substance that's been prepared from the roots of this shrub like [00:02:50] plant that grows in Polynesia.

Okay. Okay, so island chains like Fiji and Vanuatu, which [00:02:55] is like right off the coast of Fiji. And it's really on these island chains like all through the South Pacific and [00:03:00] it's been used there for over 3, 000 years by like 90 percent of the culture in [00:03:05] Vanuatu for everything from weddings, funerals, spiritual ceremonies, social gatherings, [00:03:10] basically any context where people come together.

connect, relax, want to elevate [00:03:15] their emotional state and kind of get into a better centered frame of mind [00:03:20] to experience something at a higher level. Is kava a drug? [00:03:25] No. I would say that it's a psychoactive plant compound that's in a [00:03:30] category of its own. So it's not really classified as an adaptogen like a ginseng or a reishi [00:03:35] mushroom.

Even though it has adaptogenic characteristics, it does increase a person's [00:03:40] adaptation potential over time. But typically an adaptogen is more like a nutritive substance [00:03:45] exclusively that doesn't have a powerful, tangible, psychoactive effect, [00:03:50] like in the short term. You take it over time and you kind of notice a subtle sort of more energy and things balancing [00:03:55] out.

Kava has that component. It, but it also has the drug like [00:04:00] component of like an acute, Tch. Effect that you would get self and alcohol, but without [00:04:05] depleting, uh, you know, the receptors that it hits or also [00:04:10] without causing any level of toxicity or inebriation. So it doesn't have any of the side [00:04:15] effects and it doesn't set up a habituation by artificially stimulating the [00:04:20] receptors to dump tomorrow's stores to pay for today's.

I just

[00:04:22] **Dave:** had my 29 percent [00:04:25] birthday and I served true Kava at. At my party. In [00:04:30] fact, all the stuff that I go to my girlfriend, Christina, at her wee deep in, uh, emergent, [00:04:35] you were kind enough to provide a coffee shots for everybody. And it's kind of [00:04:40] cool because alcohol makes you more relaxed, but it also [00:04:45] makes you A little bit dumb, and we've all seen videos of people, you know, falling over from it.[00:04:50]

You're not going to get that from true KAVA, but you do feel more [00:04:55] conversational, more relaxed. What's it doing to neurotransmitters?

[00:04:58] **Cameron:** KAVA binds to a [00:05:00] specific set of receptors called the GABA A. A receptors in the brain and [00:05:05] gaba kind of think of it like the primary breaks of your nervous system. Right?

Okay. It's the thing that [00:05:10] anytime you take something that affects gaba, it's gonna make you feel calm. It's gonna make you feel grounded. It's gonna make you feel [00:05:15] comfortable and safe. It really opposes the sympathetic nervous system. Okay, so the [00:05:20] sympathetic like fight or flight. Brings you into rest and digest.

That's its main mechanism, but it's [00:05:25] really interesting because it doesn't have just one linear mechanism like a pharmaceutical would like, say, a [00:05:30] benzodiazepine like Xanax that only hits those receptors. So it just brings you down, down, down. [00:05:35] Kava also unilaterally hits on Four of the major other key [00:05:40] neurotransmission systems, but not quite as powerfully as the GABA system.

But it also has effects on dopamine, for [00:05:45] example, similar to alcohol, but again, it without depleting it or without [00:05:50] creating toxicity in the, in the side effect to it. So it affects dopamine without depleting it and [00:05:55] setting up the need to further stimulate it more and creating that kind of addiction [00:06:00] dependency withdrawal type cycle that you see.

[00:06:02] **Dave:** Okay. So you're. You're not [00:06:05] feeling tired, at least for me back when I, I drank regularly when I was, you know, in my [00:06:10] early 20s. I would go out and I'd have, you know, a few drinks and I'd get really [00:06:15] tired. And this is probably because I wasn't very healthy. But I would just say, I'll just drink three shots of [00:06:20] espresso and then I'll have three drinks and then I'd feel pretty good.

So I wanted the upper and the alcohol [00:06:25] effect. Look, if you're in your 20s, This is the dumbest thing you could ever do. [00:06:30] Speedball. Yeah, your, your brain doesn't need the alcohol then. This is when we [00:06:35] typically drink, drink the most. And then it causes cognitive issues. Sometimes even just [00:06:40] getting shitty drunk one time can change your brain for long periods of time.[00:06:45]

So, I was doing that because I, I would get so tired. I don't get tired when I [00:06:50] drink 2 Kava. Why does Kava not make you tired the way alcohol can?

[00:06:54] **Cameron:** [00:06:55] Because it's the way that it affects the receptors. It's Very interesting, because there's a lot of great literature [00:07:00] on this, and the mechanisms are actually pretty well understood.

So, it doesn't just [00:07:05] plug into the GABA A receptor, for example, and just stimulate the dumping of the available stores of GABA, and you [00:07:10] just get this really, really big dump. It has more of a modulatory effect on the GABA system, and the [00:07:15] dopamine system, and the serotonin system. and the cholinergic system.

So what it does is [00:07:20] it's up regulating these things instead of down regulating them, which is why it's not addictive. In fact, it's [00:07:25] anti addictive because of that, because it helps to replete them. But it naturally gives you [00:07:30] this sort of calm centered, but yet lifted state of mind and state of consciousness.

[00:07:35] So it's really that sort of calm centered focus. So you're not [00:07:40] sedated, you're not wired up, you're not You're just clear and calm and you're [00:07:45] ready to go. And it's the perfect state to get into a reflective, a creative or an empathetic [00:07:50] state of mind, which is why it's such a good connecting tool.

[00:07:52] **Dave:** Okay.

You know, when I look at [00:07:55] mother nature's original new tropics, we have my favorite one, a caffeine here on [00:08:00] my arm, by the way, tattoos are bad for you. I know they're bad for you. I just got this one [00:08:05] anyway, because I use carbon black and it's a small amount of ink and whatever I wanted it. But if I was [00:08:10] going to get another tattoo, it'd probably be nicotine.

And for 10 years now, I've been talking about [00:08:15] nicotine as a nootropic, anti Alzheimer's thing. Smoking's bad for you. [00:08:20] But a little bit of nicotine is a longevity substance. You can read about it in my Cognitive Enhancement [00:08:25] book. You can read about it in my longevity book. So I'm finally, I'm really stoked to [00:08:30] hear guys like Andrew Huberman, who was on the show before he had a show, actually, [00:08:35] getting on the, the idea that, okay, a little bit of nicotine [00:08:40] is actually good for you, even though smoking's not.

So if we have caffeine, we have [00:08:45] nicotine, and those are active compounds from plants. What is [00:08:50] the active compound in kava?

[00:08:53] **Cameron:** Similar to cannabis, there's not just [00:08:55] one. So as where with coffee or with tobacco, [00:09:00] there's one sort of leading instrument in the orchestra of instruments that plays the [00:09:05] loudest with Kava.

There's six major ones. Okay. But the main, if there was main one, it [00:09:10] would be one called carving. Kavain? Yes. Kavain. So K A V A I [00:09:15] N. Kavain. So if I was to get a tattoo, I would actually get Kavain across my chest, probably, [00:09:20] and then the five other supportive covalactones right under that on my belly somewhere, [00:09:25] probably.

Cause I'm just obsessed with that combination of actives, right? As far as molecules are concerned, they're [00:09:30] fascinating how they work together. But so there's Kavain, there's a double bonded form of it called [00:09:35] dihydrocavain. There's one called methistican. Starting with an M, it's hard to say, and there's one [00:09:40] called dihydromethisticin, which is double bonded form of that, and then there's one called yongonin, and [00:09:45] one called desmethoxyongonin.

Okay. So those six are actually the ones that we test for in [00:09:50] every batch to get a good sense of what the potency is, and we [00:09:55] actually do a chemotype that tells us the ratios of those things. I can tell you what the effects are going to be. Is it going to be more heady? [00:10:00] Or is it going to be more relaxing?

It's going to be perfect in the middle, which is where we like it.

[00:10:04] **Dave:** That's one of the [00:10:05] reasons I decided to start working with you as an advisor is that you're very precise and you're [00:10:10] testing because there was a problem in the 80s with Kava that was made from the wrong [00:10:15] kind of plants and extracted poorly that had some liver issues It, it feels like that's [00:10:20] much less of an issue unless you're just getting some random, random kava that [00:10:25] maybe, you know, someone found a root and, and also, you're, you're [00:10:30] very clean and very precise in it.

When I open up a can of true kava, and [00:10:35] it's like a beer can, I probably should have got one for the show, but it looks like a can of beer or something, and you drink it, [00:10:40] it's, it's sparkly, it tastes good. Are they all the same, or is one of them more ampy than [00:10:45] another, do different batches vary, or is it always the same?

[00:10:48] **Cameron:** For us, we've standardized it to [00:10:50] be all the same. Okay. And the reason is, is when you're trying to bring a new commodity into the [00:10:55] market, say, like, I was trying to bring Coca Cola into the market a hundred years ago, you really [00:11:00] kind of want one thing, and you don't want to spread out with too many options and try to be like, [00:11:05] this is what kava is.

[00:11:06] **Dave:** So you want to put cocaine in every batch? Correct. The way Coca Cola did.

[00:11:09] **Cameron:** Or coca [00:11:10] leaf extract. Ha ha ha ha ha. Coca leaf extract would be great. Coca Cola can still use it for [00:11:15] flavoring, but, You know, they're the only ones that can bring it in. So,

[00:11:17] **Dave:** Oh, really? I didn't know that. So they actually, but they're, [00:11:20] it's probably free of the, of the cocaine, like it's processed

[00:11:23] **Cameron:** in a certain way down to micro [00:11:25] concentrations, but they're the only company that can bring it into the United States in mass quantities to use it.

I had [00:11:30] no

[00:11:30] **Dave:** idea.

[00:11:30] **Cameron:** Yeah. It's really interesting. Yeah.

[00:11:32] **Dave:** So Coca Cola is behind air America, [00:11:35] you know? Oh, wow. We're going to go deep Cameron. We've got the whole. [00:11:40] You know, conspiracy theory, the deep state and Coca Cola CIA. Wow.

[00:11:44] **Cameron:** Coca, [00:11:45] you know, Erythroxylum coca right from Peru is actually, it's, it's not [00:11:50] totally harmless, but it carries a similar safety profile to coffee.

They chew it and [00:11:55] use it every single day. No one's robbing convenience stores. But then if you isolate the active, the [00:12:00] most active alcohol, the instrument that plays loud loudest in that orchestra, [00:12:05] cocaine and put it in a synthetic sort of isolated form, then it'll ruin your life over the weekend. You know, that's [00:12:10] cocaine.

We all know that.

[00:12:10] **Dave:** I'd just like to point out that cocaine is vegan.

[00:12:14] **Cameron:** [00:12:15] Yeah, I mean, a lot of vegans I know are, kind of feel like they're on coke a little bit.

[00:12:19] **Dave:** I did when I was [00:12:20] a vegan. It's like, I'm so ungrounded. My body's starving. I have nervous energy.

[00:12:24] **Cameron:** Yeah. [00:12:25]

[00:12:25] **Dave:** And I'm yelling at everyone. Yeah. It's almost like it's a power.

A little bit of

[00:12:28] **Cameron:** angry, a little, little, you know,

[00:12:29] **Dave:** [00:12:30] yeah. It happens. Yeah. It's interesting that when I went down to Peru and [00:12:35] Ecuador, I would chew you know, I would drink mate de coca or chew the coca leaves. They were [00:12:40] great for altitude. And like I said, it feels like coffee. It's, it's pretty neutral, [00:12:45] but there's all kinds of political and socioeconomic things that get in the way of it.

[00:12:50] Chukava is not at all a controlled substance anywhere though, is it? No.

[00:12:53] **Cameron:** So it's [00:12:55] kava. Is actually by World Health Organization [00:13:00] standards via a regional or international quality standard that was submitted by our Kava [00:13:05] Coalition, a few others, well, back six years ago, they adopted it. And initially [00:13:10] it is seen as a food.

So if it's prepared traditionally the way that we prepare it, [00:13:15] using only water and pressure extraction, and it is actually the definition of Kava via the [00:13:20] Vanuatu Kava Act of 2002. It is the water and pressure [00:13:25] extraction of only the roots, that means the above ground stump and underground lateral root [00:13:30] portion of the plant of Piper Methisticum, which is the genus and species name for the kava plant, [00:13:35] means intoxicating pepper.

So, that is what kava is by definition. So, most people that have [00:13:40] seen kava, Kava extracts, capsules, liquids, pastes, teabags that are out there floating [00:13:45] in the internet in a few locations, in a few places. Most of those, pretty much all of those are [00:13:50] kava extracts. So, well, there's nothing wrong with most of those, even though you can go wrong [00:13:55] with some of those if you use the wrong parts of the plant and things, and they can become slightly toxic and problematic.

[00:14:00] Traditional kava is the thing that's really considered as a [00:14:05] food. Both in the United States and elsewhere, and previous any bands that have been [00:14:10] on kava around the world have been in response to what you alluded to earlier, which was this [00:14:15] misnomer around liver toxicity that was was shoddy and baseless, similar to what [00:14:20] happened to tryptophan in the early nineties, someone created a toxic batch with the wrong parts of the [00:14:25] kava plant, just like happened with tryptophan, and then the whole thing got ostracized for a period of time.[00:14:30]

Pretty much all bands in the world have been lifted, U. S. never banned it, so it's never been a [00:14:35] scheduled substance ever, because it's a food like substance like coffee.

[00:14:38] **Dave:** Let's talk about Tryptophan for just [00:14:40] a second here for listeners. If you've read any of the books, amino [00:14:45] acids are like letters in the alphabet and so your body makes proteins by assembling [00:14:50] letters and peptides are like words and a whole protein would be a sentence.

You have these [00:14:55] letters that build everything. Tryptophan is just an amino acid building block. It's [00:15:00] actually essential for life. And like you said, one company in the 90s made a [00:15:05] bad batch. And the pharmaceutical industry was like, aha, people are taking tryptophan [00:15:10] because it works for sleep. So now we have an excuse to ban it so we can sell [00:15:15] more chemicals.

And this is what happened. So it was just dirty pool, typical big [00:15:20] pharma behavior. And just if you're working for a big pharma company, [00:15:25] did you just see that Bobby Kennedy is now coming in? [00:15:30] So. I think you, as he says, should maintain your records, if you know what I'm [00:15:35] saying I'm actually a huge supporter of pharmaceuticals because [00:15:40] I want control of my own biology, every tool, I want good science, [00:15:45] but if you're making one tool and you try to suppress another tool, like we will [00:15:50] come for you, like give me the full menu and I'll choose the right one with the right risk profile.

[00:15:55] And when I look at everything in life that way, whether it's a food, it's a form of exercise, [00:16:00] there's always a pro, there's always a con. When it comes to parties, [00:16:05] I don't like drinking. I didn't serve any alcohol on my birthday. The last three parties I've [00:16:10] been to, no one drank. And granted, I'm in Austin, you know, we're cutting edge and all that.[00:16:15]

But, just people don't want to drink. And there might be some other things, there's [00:16:20] usually Trucava, and there might be some other things like microdosing or whatever, [00:16:25] but the risk reward on that is better than it is for alcohol. So if you work for an [00:16:30] alcohol company, well, you wouldn't want to Try to suppress Coke.

[00:16:35] Right. It's, it's like, it's a, it's a, a playing field where you get to do what you want to do.[00:16:40]

How has the reception for Tru [00:16:45] Kava been, you know, it's in grocery stores now, like this is a big change.

[00:16:48] **Cameron:** It's been phenomenal. [00:16:50] It's been phenomenal for a couple reasons. There are a lot of emerging what I call social [00:16:55] tonics that have come out on the market as of the last handful of years, just because this whole sober [00:17:00] curious movement that's blowing up.

People are looking for, not necessarily to [00:17:05] get rid of alcohol totally, but what lies beyond it? Is there a more efficient technology that can [00:17:10] allow me to have my cake and eat it too? At least part of the time, maybe not all the time, but part of the time. But the [00:17:15] reception to kava has been so strong because where a lot of these companies and a lot of biohackers [00:17:20] and just different people that are looking for.

How can I get that elevated state? [00:17:25] But without being a different person, without my ego coming out, without anger coming out, without [00:17:30] losing control over my internal domain, and without losing 20 percent of my [00:17:35] productivity for the next two days afterwards. Right? Without keeping myself in the brain, and without [00:17:40] cumulatively actually getting white matter loss over, you know, over the course of my life, which is [00:17:45] There's a study back two years ago in London, they looked at 30, 000 people and they saw white matter [00:17:50] loss, significant white matter tissue loss, and even mild to moderate drinkers of [00:17:55] one to two drinks per night average.

That could be, you know, a drink every night or that could be three days in the [00:18:00] weekend, three days in the week. So that actually is, and Daniel Amon's work has actually showed metabolic [00:18:05] holes from almost every subject that's done a brain scan, functional brain scan, SPECT imaging scan that has drank. [00:18:10] So, people are actually looking for what lies beyond it, and I think why CAVA is [00:18:15] being so successful is because of all of the options.

It actually delivers on the [00:18:20] effect. But only the fraction of the effect that people are really looking [00:18:25] for. I think that it really actually delivers on the promise that alcohol has made to us, [00:18:30] or the powers that be, that have invested an interest in pushing alcohol, is, you know, that social [00:18:35] lubrication, right?

So that ability to sort of relax and connect in a social setting, because [00:18:40] we all have a fundamental human drive for that, that, you know, need to feel safe, that, that [00:18:45] relaxation, that groundedness, and then that elevation of mood that gives you that zest for life that makes you just [00:18:50] want to engage with the environment around you and be connected to it.

Kava delivers on those, but [00:18:55] without intoxicating you. So I call it hyper sobriety, right? It's not, [00:19:00] it's not a state of intoxication. So it's not a state where you lose control. You actually feel like [00:19:05] more of yourself. So even though Kava has been compared in many ways, it's actually [00:19:10] the opposite in the sense that It expands your consciousness.

And the Polynesians have always [00:19:15] talked about this. They saw it as a spiritual sacrament because, you know, anybody could take it. Unlike say [00:19:20] psilocybin that gives you an altered state trip that you can't function in regular life, [00:19:25] but it actually is entheogenic in a sense. Entheogenic, the term means the divine within.

So it sort [00:19:30] of elevates a person's spirit and opens them up to feel more authentic. And that allows you to [00:19:35] connect with people in an authentic way. As where alcohol, You feel like that you're connecting in small [00:19:40] doses. You can to some degree, but the more you get drunk, the more simplistic and [00:19:45] idiotic the conversation gets, because it gets more primitive.

And I think everybody knows that. But on Kava, you have [00:19:50] these deep conversations that you remember, which is great. And [00:19:55] so people are gravitating towards Kava because there are many other things that people can use, like these [00:20:00] drinks with the theanines and the, and the magnesiums and stuff like that. And those things are, are, yeah.

I mean, there's no [00:20:05] problem with any of those things, but they don't give you that. Tangible effect that you're looking for from alcohol and [00:20:10] does without the downside.

[00:20:10] **Dave:** Magnesium and theanine are both things I recommended for many years, [00:20:15] but if you drink them at a party, it's not going to change how you behave.

Maybe if you're a super tweak to theanine might [00:20:20] help a little bit, but it's not the same sensation at all. [00:20:25] I'm gonna be really clear here. I I'm not opposed to alcohol. I once or twice a year I [00:20:30] will drink a really good sake or really, really good wine and I'll. I [00:20:35] feel like crap the next day, but I treat it as the same thing if I was going to go do, you know, a [00:20:40] medicine ceremony, or if I was going to go to 40 Years of Zen and do ketamine [00:20:45] as part of my neurofeedback experience under a doctor's care, I know that [00:20:50] I'm not going to do this every day.

So for me, alcohol would be maybe once a [00:20:55] quarter, but I think for me it's about once or twice a year, and I'm going to really enjoy it, and I'm going to [00:21:00] have to recover the next day. So doing that every weekend just seems like the worst [00:21:05] idea. And the feeling from kava is so close [00:21:10] that it seems fine. But I got to ask you this, because some of the parties I go to, it's [00:21:15] not just true kava that's there.

So does true kava work with mushrooms? [00:21:20] Does it work with MDMA? Oh, good question. I love

[00:21:22] **Cameron:** that one. So, [00:21:25] In short term, it definitely can. Obviously, this is a contextual thing. It depends on how [00:21:30] much you're taking, it depends on what context. Anytime you're dealing in something that's sort of mind [00:21:35] expansive, anything in the psychedelic category, the standard sort of tryptamines, the sort of more [00:21:40] ceremonial type medicines, psilocybin, LSD, DMT, ayahuasca, MDMA, any of those, [00:21:45] Set in setting and there's so much context to whether or not you're going to get a good or bad experience.

It's not all of [00:21:50] those things just like alcohol or just like anything else. I don't see them as good or bad. [00:21:55] The moral dimension comes in with how they are placed and how they are used. They're all technologies [00:22:00] and how you place the technology determines the effect that you're getting. Some technologies are more [00:22:05] efficient than others, right?

It's like a gas powered car engine or say, Nitrogen based fertilizers [00:22:10] back, you know, you know, 50, 60, 70, 100 years ago were good for a short term [00:22:15] benefit, but if we use them too long, they deplete the soil and you get the soil. Is there a technology that we could use that allows us to [00:22:20] have our cake and eat it too?

That's kind of how I think, how I think about it, right? Like, like even in context with [00:22:25] alcohol, right? It's just one of those that you get a lot of negative feedback if you use [00:22:30] consistently over a long period of time. So what are the other options, technologies that I can layer in? [00:22:35] So, but as far as mushrooms or any of those things and layering them on with [00:22:40] mushrooms, people are doing a lot of that, especially in states where it's been legalized, especially where people are [00:22:45] microdosing.

And I can tell you, kava doesn't, it doesn't [00:22:50] dampen or downplay or reduce the effects of any of those like psychedelic [00:22:55] substances or even cannabis. It really just enhances them. And the reason is because Because [00:23:00] unlike, say, a benzodiazepine, a lot of times people, if they go to, like, a music festival and they're going to be taking psilocybin [00:23:05] recreationally or something, they'll keep benzodiazepines around, because if they have a bad trip, it starts [00:23:10] to spiral out of control.

A benzo will actually neutralize the bad trip, because it neutralizes the [00:23:15] amygdala and stops that spiral. But it also kills the trip. It numbs the trip. Right. Because it dumbs [00:23:20] you down. Kava grounds you through that GABA system, but through the unique technology, Plant [00:23:25] pharmacology that's in there. It's grounds you and expands you at the same time.

So it's [00:23:30] great. It's actually a great companion to people doing things like ayahuasca ceremonies because it [00:23:35] helps with integration because it helps to ground the experience. You can take everything that you're getting from the [00:23:40] opening of that crown chakra, so to speak, to use Eastern terminology.

Everything that's swirling around up [00:23:45] here, it helps to ground it into a practical reality into implementation into your life because the [00:23:50] biggest thing I, I believe that people are missing from utilizing those medicines. In modern culture, [00:23:55] Western culture is the thousands of years of historical context of how to [00:24:00] ground and integrate the lessons or the insights or the perspectives or the connection [00:24:05] that you're getting.

So a lot of people are using it for that. They use it before they do an ayahuasca [00:24:10] ceremony. They do it after to kind of keep those doors open, but to ground themselves and to reduce [00:24:15] the over chatter that can come from that over intenseness of the experience. It [00:24:20] just grounds everything out, makes everything more comfortable.

[00:24:22] **Dave:** If someone's having a hard time with a [00:24:25] mushroom experience or something, should they have some kava when they start [00:24:30] having a hard time? Or should they just take the kava along with the mushrooms at the beginning?

[00:24:34] **Cameron:** [00:24:35] You could do either one. I've seen people do it either way. Sometimes if people just want to ensure a smooth [00:24:40] experience, they'll actually take it on the front end.

Okay. But Also having it around in large [00:24:45] dosages in case something starts to spiral out of control or they get into a situation that they can't quite control [00:24:50] that's not good for them. They don't feel that's good for them. It's one of those kind of spirals then [00:24:55] covers a perfect substance to take because it reduces that amygdala activity, but it won't kill your [00:25:00] experience.

So it allows you to kind of ground. Well, I mean, here's what's doing. It's it's working [00:25:05] in that context in a similar way that we're seeing it clinically work on things like PTSD, which I [00:25:10] think it's going to be a huge application for that going into the future. It's bringing you into a [00:25:15] state of mental and emotional safety by holding down that amygdala response.

So [00:25:20] it's allowing you to reflect on what's going on internally and your past experiences from a [00:25:25] place of emotional safety. So, which allows you to form new [00:25:30] associations and neural connections in association with those things. So, instead of being that [00:25:35] sympathetic fight or flight, it's a, it's, it's, it's sort of a way, like, you can't change the past, you can change how you [00:25:40] relate to the past.

So, that's what we're starting to see, like, that's one [00:25:45] reason why the Polynesians have always seen it as a processor of trauma, mental, emotional, [00:25:50] and physical. But we're talking about mental emotional because it helps the brain [00:25:55] to plasticize and rewire its associations to everything going on [00:26:00] internally and even into the past to reset.

[00:26:03] **Dave:** This is a really important [00:26:05] conversation. I'm definitely have been doing work with psychedelics for since [00:26:10] 1999. And I think there's a risk when people are saying, I've taken ayahuasca [00:26:15] 87 times and, and you look at like, well, every weekend, when are you going to [00:26:20] notice it's not working? Right? So I've done ayahuasca twice in my life.

It's [00:26:25] not something that I recommend doing regularly. In fact, it's the last psychedelic I think you should try. If [00:26:30] people are into psychedelics, there are lots and lots of studies now [00:26:35] of psychedelic mushrooms. And recent studies came out that showed if [00:26:40] you take MDMA with mushrooms, that your odds of [00:26:45] having a traumatizing experience that causes additional trauma, what they would call a bad [00:26:50] trip, well, you don't get re traumatized because the presence of the MDMA [00:26:55] makes the potential scary stuff you might see that you don't know how to process, it [00:27:00] makes it not stick in a negative way.

It sounds like kava might have a similar effect, I don't [00:27:05] think it's as well studied. But if you're someone who has a lot of fear around [00:27:10] maybe your first mushroom ceremony or something, maybe having some [00:27:15] kava alongside it is just a way to say, all right, I know that my fear response is going to be as big [00:27:20] because the way you get through a psychedelic experience.

is by [00:27:25] surrendering and by, okay, you know, if my body's feeling whatever it is, I'm, I know it's going to [00:27:30] end, so I'm just going to roll with it and experience what I experienced and, and just be aware. [00:27:35] But if you're totally in fight or flight, it's so much harder. So, CAVA can help [00:27:40] with that because of amygdala response.

That, that's a big deal. I think it's time for some studies with maps or something. [00:27:45] It's,

[00:27:45] **Cameron:** it's why during any crisis situation, One of the main things that's always encouraged is to [00:27:50] not panic, right? Because panic just takes you out of that integrated state of mind where you [00:27:55] can take in what's going on and actually assert a proper response that's going to get you the [00:28:00] best

[00:28:00] **Dave:** result.

It's kind of funny, a ton of people don't panic. It's like saying, just [00:28:05] calm down. You're like, well, duh. You know, those are the sort of thoughts. [00:28:10] And so I'm thinking, what's the opposite of panic and it's surrender [00:28:15] and panic comes from resistance.

[00:28:17] **Cameron:** Yeah.

[00:28:18] **Dave:** So double negative just feeds the loop. [00:28:20] So instead of.

Don't panic. It's more like [00:28:25] lean in, relax and be curious and being curious [00:28:30] will take you out of fear. But it's a lot easier if your amygdala is harder to trigger because you had [00:28:35] kava at the same time. So I think there's something to be said for people who are doing deep work and it could just [00:28:40] be breathwork.

I mean, I know people have had very profound holotropic [00:28:45] breathwork experiences, so yeah. And you could take true kava before you do that. Absolutely. Yeah.

[00:28:48] **Cameron:** When that's the good [00:28:50] thing is that here's what distinguishes and differentiates kava from all these other medicines that we're [00:28:55] talking about is the spectrum and ease of use.

You can use kava [00:29:00] daily in almost any context, whether you're going to work, whether you're around your kids, whether you don't have to, like, [00:29:05] set out this, this very specific ceremonial Retreat like [00:29:10] context, right, where you go somewhere else and do it because you can't be around anyone else that's going to interfere with [00:29:15] your life.

So you can implement kava into those practices, but you can also implement it [00:29:20] into your daily breath work. It's one of those things that I kind of see these plant medicines, [00:29:25] the ones that are in their plant form that still have the full intelligence inside of them. I see them [00:29:30] as counselors of some degree, and forming a relationship with it is like forming a relationship with a human.

[00:29:35] Some humans are better wired and synced for your biology and your [00:29:40] framework to have a close relationship with. It's healthier for you. And some, you should only see them every once in a [00:29:45] while for it to be a healthy outcome. And some you shouldn't see at all. Right, right. And so these [00:29:50] medicines have different characteristics.

The thing about kava is the way that it's adapted and [00:29:55] evolved. It's very compatible. It's almost, it's probably the most compatible [00:30:00] psychoactive substance that I've ever seen with human biology to be taken regularly [00:30:05] without any drawback. Whenever you bring kava into your body. It's like [00:30:10] having a counselor there to some degree or someone while you're in your experience, whether it be your sort of [00:30:15] daily practice, your daily breath, where practice or your marriage counseling or, or [00:30:20] your actual, you know, plant medicine ceremony.

It's like Bring a counselor into your [00:30:25] body that's telling your fight or flight system to shh and sort of grounding you to calm down so you're like, [00:30:30] okay, I get it. I get it. So you're not frantic. It just does that almost better than anything because it has such a [00:30:35] strong characteristic for grounding, which is what makes kava [00:30:40] probably.

The most unique and relevant psychoactive [00:30:45] medicine for our modern age, because of all the trauma, we're all stuck in sympathetic. [00:30:50]

[00:30:50] **Dave:** So you said something really important there. You said with your marriage counselor. [00:30:55] So, if you wanted to have a hard conversation with your partner, maybe you both should have [00:31:00] some kava before that, because you're less likely to.

Trigger each other as you're working through something you probably [00:31:05] need to talk about.

[00:31:05] **Cameron:** Absolutely. It's, it's used in Polynesia like this. Do you do that in your relationship? [00:31:10] Well, I'm not in a relationship right now, but I have done it.

[00:31:12] **Dave:** Okay. Yeah. Do you take true cover and [00:31:15] like hand it out on first dates?

[00:31:16] **Cameron:** Oh, sure. Absolutely. Because similar to giving it to, I've [00:31:20] given it to a lot of comedians and public speakers whenever they're about to go up on stage because it [00:31:25] works. A little bit like beta blockers in the sense, you know, how, like a lot of people take propranolol, the [00:31:30] beta blocker before they go on stage to block adrenaline so that they can better have a smooth [00:31:35] experience.

Kava similar.

[00:31:36] **Dave:** I've coached a lot of, a lot of execs over the years. And [00:31:40] the number one fear in the U S is a public speaking more than sharks, more [00:31:45] than government people forcing you to take medications you don't want, like the number one [00:31:50] fear. So some people who are really highly performing, you put them on stage.

[00:31:55] And they just turn into idiots because of their fight or flight response and you can do breath work [00:32:00] and I have a whole practice. I don't have any stage fright at all. I'm the same person now or public [00:32:05]

[00:32:05] **Cameron:** humiliation. It's being ostracized from the tribe. It's, it's deeply embedded in us.

[00:32:09] **Dave:** It's a [00:32:10] deep fear.

And so you can work through that. So it's like I'm comfortable, but that's very rare. [00:32:15] And a lot of musicians in particular have a big problem of saying I can't do it. So they take beta [00:32:20] blockers. If you're a musician, that works, and these are prescription drugs, and they block [00:32:25] adrenaline's effect. The problem is, if you're a speaker, and you can't make adrenaline, [00:32:30] if you need to bring it, or there's a hostile question from the audience, or you want to emote, it doesn't [00:32:35] work.

But kava, if you were to take that before you went on stage, [00:32:40] then you can still emote. Absolutely. In fact, you're much more clear. I [00:32:45] never thought of that. This should be on every, if you're a speaker coach, and I know a lot of guys listening, it's like Beau [00:32:50] is probably listening. Absolutely. Um, who's one of my favorite.

Bo Eason one of my [00:32:55] favorite coaches for that. So Bo, you guys need to talk about using Kava for people who [00:33:00] are really anxious.

[00:33:00] **Cameron:** This is a cool idea. There are so many applications like this for Kava and [00:33:05] it's, it's so good for so many things, which sometimes makes it difficult to talk about because it [00:33:10] does, because anywhere where you're trying to communicate ideas with people, Kava [00:33:15] is really amazing at getting you into that what I call the perfect state of mind, hyper sobriety.

[00:33:19] **Dave:** [00:33:20] How many true Kavas did you have before you came on the show?

[00:33:24] **Cameron:** Well, [00:33:25] how many it's morning time. So probably two and how many do you have in a normal day? It varies day to [00:33:30] day, depending on what I'm doing, but probably like three, four, five. Something, [00:33:35] you know, spread throughout the day. I use certain varieties, like some of my own, like R and [00:33:40] D batch type of a stuff.

Sometimes whenever I need like an extra kick, but our regular products are what I [00:33:45] use consistently. And all of my friends and everybody on our team is sort of always on Kava. In our [00:33:50] office, we have a kegerator full of Kava on tap where everyone's just constantly, cause we actually [00:33:55] wanted to everybody in that state of mind where people just feel more connected.

It just sort of creates a better, [00:34:00] well oiled machine. It really helps for team environments of all kinds, like boardrooms. [00:34:05] It's great for, for just stimulating creativity and getting everybody connected and getting kind [00:34:10] of that left, right brain hemisphere connection going on where you get this integrated [00:34:15] thinking where you can see the big picture.

That's why people microdose. But Kava allows you to do that [00:34:20] legally. And that's great. It allows you to use, utilize that effect almost any [00:34:25] time of the day without being on something that either could be illegal or that will lose its effectiveness like some of the [00:34:30] tryptamines do.

[00:34:31] **Dave:** Wow. Okay. This is, this is super cool stuff.

We've never gone this [00:34:35] deep. And if you're a new listener to the show, thank you. There's always new people [00:34:40] coming in. And Cameron's been on the show before where we talked about his, [00:34:45] his background story and how Kava made a big difference for him. But we're going deep on [00:34:50] how to use this as an adaptogen, as a nootropic, big.

But I got to ask you [00:34:55] the real question some people are thinking. We talked about, is it when you're having a tough [00:35:00] relationship conversation? What if you're not having a tough relationship [00:35:05] conversation and you're heading to the bedroom? What does Kava do?

[00:35:07] **Cameron:** This is probably one of the things [00:35:10] that people ask me the most about or come back and report to me after they've used [00:35:15] kava.

It's that people report significant increase in [00:35:20] libido. Like, it's not Oh, really? Yeah, yeah. It's not a small thing at all. Like, it actually is [00:35:25] substantial. And the reason is, there's a few mechanisms actually that aren't totally understood. But [00:35:30] especially if you use over a certain amount, if you drink like two or three cans.

[00:35:33] **Dave:** So this is why you bring it on dates? [00:35:35]

[00:35:35] **Cameron:** Sure. Absolutely. Absolutely. Absolutely. Well, among other things, it allows you to connect. I mean, it [00:35:40] allows you to have an authentic experience, but also it just, it allows, it brings this sort of zest and [00:35:45] arousement for life, which carries over into sexuality, obviously.

So it's everything.

[00:35:49] **Dave:** I want to talk [00:35:50] about that for a minute. So in, in the world of biohacking what I've learned about [00:35:55] mitochondria and longtime listeners know this. Or if you've heard me on stage, but all [00:36:00] life allocates energy across the things that you do to stay alive. And number one [00:36:05] is fear. It takes the most energy happens first.

Number two is food, [00:36:10] right? So this is why you run away from scary things and eat everything else is a good algorithm for a [00:36:15] bacteria to stay alive or a slime mold or a human. It doesn't matter. [00:36:20] Fertility, right? Fertility is the next F word. And then after that is friend. [00:36:25] And after that is forgive or evolve.

So energy will flow into the system. [00:36:30] And what we're talking about here is. If you are feeling less fear [00:36:35] because your amygdala is calmer because you took some kava, now that means more energy flows [00:36:40] into food. And let's assume that you ate a nice meal on your date instead of [00:36:45] Taco Bell or something. Okay, so now you're nourished and you're safe.

Where's the energy going to flow? [00:36:50] To fertility. It's fear, food, and then fertility. And sex [00:36:55] is one of the ways that adults play, right? So, It would [00:37:00] make more sense if the energy is shifting and assuming you've been nourished in an intimate [00:37:05] way, then your community happens. And where does kava center? It centers on [00:37:10] community, right?

And it's because when you come out of fear, more energy flows into community. But [00:37:15] before it flows into community, it flows into, well, fertility, which is another word for the other [00:37:20] F word that you can't say on most shows without giving explicit lyrics. This [00:37:25] makes sense in a biohacking world. You're reallocating your energy away from fear when you use [00:37:30] kava.

[00:37:30] **Cameron:** Absolutely. In fact, if there were four verbs that I would use in relation to kava, [00:37:35] that you just sort of map out as far as the kava experience, it's relax, engage, connect, [00:37:40] create.

[00:37:40] **Dave:** Interesting.

[00:37:41] **Cameron:** So, just like you were talking about with that energy continuum, it's [00:37:45] taking care of your fundamental fight or flight.

Sort of, you know, [00:37:50] desires. And it's making you feel safe. And it's, it's satiating. It's getting rid of all of that. Because those are the most [00:37:55] immediate things that are wired into us that are pressing for survivals. If those needs are met, then you can [00:38:00] connect with other people. And then you can create things in your life.

Which is, it stimulates creativity of all [00:38:05] kind. Which actually, I mean, sex is one form of creativity. That's your creative energy that creates life. [00:38:10] But also, it allows you to engage and to focus in creative aspects of all kinds. Which is why [00:38:15] we give it to public speeches. Which is why we give it to CEOs in boardrooms.

Which is why we give it to writers. [00:38:20] It's great. In fact, it's really the best drink from my standpoint. Kava is [00:38:25] for podcasting. I actually think in the future, it's going to be the go to substance that people use for [00:38:30] podcasting because Kava is so great at opening and centering the mind and getting you into that integrated [00:38:35] state of mind where authentic connection and and, and mental [00:38:40] energy, but also just sort of the, the, the vast landscape of your mental and emotional [00:38:45] framework, you just get access to all that because it's an integrator of your consciousness instead of [00:38:50] some psychostimulants, like if you take Adderall, for example, it's going to impress your, it's going to suppress [00:38:55] your empathy and your, your emotional framework, it's going to make you less creative and more predictable, [00:39:00] but you're going to get stuff done like a robot.

But with Kava, it actually stimulates the [00:39:05] left right brain hemisphere interaction, right, so that connection between those two things, which [00:39:10] brings you into a state that I call systems thinking, which is kind of like what, what, what psychedelics [00:39:15] bring you into in, in high doses, or even in the background with micro doses, but Kava, it runs in the [00:39:20] background to where you can still function in your everyday life, but you can kind of see things in, In terms [00:39:25] of instead of being zoomed in on the pixel of your, of this, of a single [00:39:30] circumstance that's happening right in front of you, you're able to zoom out and see the whole picture.

You see what I'm saying? Yeah. And that's kind of [00:39:35] like, you're able to lay it on the table and that, that allows you to sort of look at your life like an engineer [00:39:40] would, and you're able to make better decisions.

[00:39:42] **Dave:** So to be able to, to step back and [00:39:45] have. What's called meta awareness is an advanced meditation technique.[00:39:50]

And it's just being curious, what is my state right now? And it's very hard to [00:39:55] have meta awareness if your state is triggered. You can, because then you realize, oh, [00:40:00] now I'm aware of my trigger instead of believing it's real, and that's the first step to learning how to let go of [00:40:05] a trigger. And with Kava, what you're saying is it's easier to have meta awareness [00:40:10] and that might be because you're just triggered less, but it also might make you more aware when you are [00:40:15] triggered so that then you can say, Oh, I recognize that an external circumstance is hitting an old [00:40:20] program and I don't want to be triggered right now.

Therefore, I recognize the trigger and I'll [00:40:25] probably do some healing work on that later, but at least I won't be reactive. And so to be [00:40:30] able to come out of that loop, it seems like there's a lot of people who would benefit from [00:40:35] being less triggered now.

[00:40:35] **Cameron:** Absolutely. As Joe Dispenza would say, it allows you to become, it [00:40:40] helps to, CAVA does, it helps you to become the consciousness observing the program [00:40:45] instead of being the program.

[00:40:46] **Dave:** Wait, Joe Dispenza said that about CAVA or just about, Meadow. Well, just

[00:40:49] **Cameron:** about [00:40:50] meditation. Okay. Reformative meditation, but Kava is a great tool for getting you into a [00:40:55] state that you can expand better during meditation because all of the, the state that you're trying to get [00:41:00] into to have a good meditation is all of the things that Kava does.

So [00:41:05] again, it's just like marriage counseling is good by itself, meditation is good by itself, but kava [00:41:10] is pro all of those things, it just kind of enhances all of those practices because it [00:41:15] naturally helps to relax you to and expand you at the same time, and there's just not [00:41:20] many substances that do that.

[00:41:23] **Dave:** When is Kava [00:41:25] not a good idea?

[00:41:26] **Cameron:** If there's one thing that makes Kava more [00:41:30] valuable than anything else, it's its broad spectrum of use across so [00:41:35] many different domains. The only times that I can really think of [00:41:40] where it's not a good idea to use Kava are, man, there really [00:41:45] aren't many. Well, what about pregnancy?

So pregnancy is an interesting one. [00:41:50] And while I can't tell people, I get this question all the time. I can't give people medical [00:41:55] advice. And I always have to say, consult your doctor before you do anything pregnancy wise, et cetera.

[00:41:58] **Dave:** Can your doctor spell kava? [00:42:00]

[00:42:00] **Cameron:** No. Okay. So maybe

[00:42:01] **Dave:** do your own research. Exactly.

With better advice. That's

[00:42:03] **Cameron:** more of a legal thing but [00:42:05] you're not going to come across a doctor that's going to know anything about kava you know, just to be clear, [00:42:10] but, well, I'll say this, that in Polynesia, they do it all the time. They use it whenever people are pregnant. [00:42:15] The reason is it's considered a food, and we don't know of any negative side effect [00:42:20] if you're using traditional preparations made from the right parts of the plant.

[00:42:23] **Dave:** Okay. You can't recommend that in the U. [00:42:25] S.?

[00:42:25] **Cameron:** I can't recommend it, no. I can just observe where people have done it, and that we don't have any [00:42:30] evidence to suggest that it's pathological or that it's damaging.

[00:42:33] **Dave:** Okay, good deal. So, [00:42:35] compared to alcohol when you're pregnant, which has clear, very negative [00:42:40] effects, Kava is very likely safer and has been used for a lot of years.

Then again, people also used [00:42:45] to drink alcohol when they were pregnant all the time because they didn't know.

[00:42:47] **Cameron:** And you can use it in, in just about any [00:42:50] context, any time of the day. And I know sometimes to some people it sounds too good to be true, it's good for all of these [00:42:55] things, you can use it all the time, but and with Kava, I mean I'm very honest about these things, because I came from a place of [00:43:00] being near death and sick, and that's how I got into all this to begin with, and the only thing that mattered to me when my back [00:43:05] was up against the wall was what actually worked.

Like I didn't give a shit about the bullshit because if I [00:43:10] focused on the bullshit and I went down those trains of thought of, of, you know, wrongfully believing something [00:43:15] or, you know, wishful thinking that I would have been dead in, in some context. And so Kava [00:43:20] really just blew my mind. That's why I got into it because Kava has the greatest therapeutic [00:43:25] effect to drawback ratio of any plant compound that I've personally ever [00:43:30] used.

It doesn't mean that there aren't some things that are better in certain categories. Of course. But just across the board, [00:43:35] because it has such a powerful, acute tangible effect that works like a drug [00:43:40] would, but then it also has the safety of the adaptogenic or nutritive [00:43:45] compounds that you can use regularly.

And you can just use it virtually any time to sort of make your day [00:43:50] better, to open you up, to allow you to relax, engage with the world around you, connect with other [00:43:55] people and create. Positive things cumulatively in your life. That's the kava experience.[00:44:00]

[00:44:04] **Dave:** Do you think [00:44:05] mike tyson should have used kava before his fight with jake paul to make it easier to throw the fight? [00:44:10]

[00:44:11] **Cameron:** I think so actually in that case, I would say like that's that's one time [00:44:15] We you probably throw in the towel, you know, i'm 50 years, you know, 58 years old well, but I tell [00:44:20] you what it would have done is, I mean, kava is one of the most profound neuro and tissue protective [00:44:25] substances that I've ever worked with.

[00:44:26] **Dave:** Oh, really? You would want it before you take it to the head?

[00:44:29] **Cameron:** Absolutely. [00:44:30] Absolutely. Oh, you have good

[00:44:30] **Dave:** evidence for that.

[00:44:31] **Cameron:** Yes.

[00:44:31] **Dave:** Okay.

[00:44:32] **Cameron:** In the sense of, it works on virtually every [00:44:35] neuro and tissue protective pathway that we know of. So, virtually out of all of the, because I had a bad chemical brain [00:44:40] injury. I got a brain scan, you know, from Daniel Lehman's network for years and years ago.

[00:44:45] And I had to be very careful about this stuff and what we see in people that use [00:44:50] coffin when I saw in myself and everybody else is that their scans and obviously their symptoms [00:44:55] improve over time whenever they use these things. What it does is it's so it hits on a few key mechanisms, [00:45:00] so it's in the gaba mechanism, which opposes all of the all of the sympathetic excitotoxicity [00:45:05] opposes glutamate, right?

Okay, which is a problem to get hit in the head. Okay. NMDA receptor, that chronic glutamate [00:45:10] activation and that lipid peroxidation, your free radical generation. that just doesn't stop for [00:45:15] years and years at a time. But it also is a sodium calcium channel blocker as well, too. [00:45:20] So it kind of works like some things like lamotrigine or depakote or some of those.

Wait

[00:45:24] **Dave:** a minute [00:45:25] here. It's a calcium blocker, calcium channel blocker. All right, [00:45:30] so this is probably out of left field for you, but I've done a lot of episodes over the years about [00:45:35] what are EMFs actually doing to the body. EMFs are [00:45:40] incredibly useful because they let us have all kinds of technology and information and knowledge [00:45:45] and in fact this podcast relies on EMFs so people listen to it, so they have benefits but they also have a [00:45:50] biological downside and EMFs act on the body via the voltage [00:45:55] Gated calcium and Paul's

[00:45:56] **Cameron:** work.

Yeah.

[00:45:57] **Dave:** Yeah. So if you're [00:46:00] saying that kava is a calcium channel blocker, if you're exposed to high levels of [00:46:05] EMF, it doesn't make sense that you'd want to have some true kava.

[00:46:08] **Cameron:** Absolutely. And even though we don't have any [00:46:10] studies on this specifically, what I can tell you working with Thousands of doctors in our network of function [00:46:15] medicine doctors and seeing these things clinically and seeing in myself whenever I was sick and you can watch [00:46:20] past episodes that you and I did to kind of get more of my story.

But I came, I became one of these extremely [00:46:25] hypersensitive sort of environmental illness, kind of autoimmune patients was one driven [00:46:30] by neurotoxicity, toxic mold, a few other things. One of the things that I became severely [00:46:35] sensitized to was E. M. F. S. Like I had to Put my phone on speaker and put it on the [00:46:40] other end of the table.

And I didn't even think that was possible given this was not something that was brought on by placebo because I [00:46:45] thought people were crazy at this time in my life. This was like 15 years ago whenever they would say I'm [00:46:50] reacting to my cell phone. This is before we had all the information I have today in their research and everything.

And people like [00:46:55] Joe McCullough's book EMF, which was great. Anyone wants to read that? But Basically, [00:47:00] I got so reactive to where I couldn't even use my cell phone at all. And if someone had their cell phone on, [00:47:05] especially if they were doing anything that's transmitting RF, like actually making a call, not just like having it on, [00:47:10] then I would go into a full seizure.

It was, it was crazy. So you're really sensitive. [00:47:15] Absolutely. Severely sensitive. But, and I knew people actually at this medical research facility in [00:47:20] Dallas for very sensitive autoimmune patients that were reacting to all their foods, reacting to everything. [00:47:25] that were even more sensitive than that. Like it was, it was dangerous for them to be around EMFs.

Okay. So once I [00:47:30] started working with Kava and working with it clinically and working in myself, I couldn't use my cell phone. [00:47:35] I couldn't turn on the TV to watch a movie for probably like a year when [00:47:40] I was at my worst once I started using Kava and there's a whole story behind that, [00:47:45] but I, I realized that during the time while I was on Kava, especially certain strains I would use that have like a 48 [00:47:50] hour half life, all of a sudden I could talk on my phone, no problem.

And that was like, I [00:47:55] was like, holy shit, that, that is crazy. So as far as the sensitivity portion of it, [00:48:00] and what we know about, you know, mitigating the damage, it hits on most of those [00:48:05] protective pathways, like the sodium calcium channel blocking. It's also a powerful two up [00:48:10] regulator, you know, activating these substances in the body, like glutathione and [00:48:15] catalase SOD.

[00:48:15] **Dave:** Wow. So, so this is really, really important. A lot of [00:48:20] people listen to the show are frequent travelers. There's a lot of executives, a lot of really successful people. [00:48:25] And I have a whole protocol that I do when I fly. And. I am not [00:48:30] at all sensitive to EMFs anymore and I was never terribly sensitive, I was more chemically [00:48:35] sensitive when I had mold and all the other stuff, chronic fatigue.

But I do know that when [00:48:40] I'm on airplanes, I'm exposed to incredibly dumb levels of EMF because you're in a metal [00:48:45] box with Wi Fi bouncing around. So I do a bunch of things to protect my mitochondria when I [00:48:50] fly, but I'm actually going to start taking Trucava shots with me, and I'll just do one before I [00:48:55] take off.

If it's going to block the calcium channels, I'll have less mitochondrial swelling when I [00:49:00] fly, and I already know how to feel really good when I land, which is just a whole transformation. I used to [00:49:05] get just destroyed by a six hour flight. And this weekend, actually, [00:49:10] I flew. It was about seven hours, including a connection time to get to Coeur [00:49:15] d'Alene for the Upgrade Labs grand opening there.

And I flew there, and then I was on [00:49:20] stage for, or on camera for like five hours, went to sleep, woke up, and flew home, [00:49:25] and then went to a party. And for me to do 14 hours of travel in two [00:49:30] days, And to be completely fine to stay out late at a party, it was unimaginable in my [00:49:35] 20s. So my protocols worked, but I haven't used True Kava in that way, because I didn't [00:49:40] realize the calcium channel blocking.

This is something, so if you're a frequent traveler, just experiment with it. [00:49:45] Try a True Kava shot, they're little two ounce things, you throw them in your backpack, TSA won't bother you. I know because I use two ounce [00:49:50] shots of other things when I fly. So, Um, if, if you do that, you may [00:49:55] find that you feel even better and you have less brain fog from flying.

[00:49:59] **Cameron:** Yes.

[00:49:59] **Dave:** This is a [00:50:00] big deal.

[00:50:00] **Cameron:** It's actually something that, I mean, CAVA works more [00:50:05] tangibly on the EMF front than a lot of the, just the, the preventative factors. Like you take the [00:50:10] NAD precursors and the mitochondrial boosters and everything and iodine or whatever you're [00:50:15] taking to try to mitigate the damage from it.

There are thousands of people, millions perhaps, [00:50:20] that actually have low grade EMF sensitivity that don't know it. They just know, I just [00:50:25] get headaches, I'm just used to getting headaches, I'm on my computer all day, all day long. Because it's a spectrum, the sensitivity [00:50:30] spectrum. And it basically comes from a form of collective PTSD from being assaulted by all these stressors, chemicals [00:50:35] in our environment.

You develop these sensitivities because the system is tired of being assaulted.

[00:50:39] **Dave:** Alright. [00:50:40] What happens is there's a sliding switch and if your mitochondria are [00:50:45] working really well, you know, 100 percent efficiency, I love my life, I have plenty of [00:50:50] energy for my family, my community like things are moving and you can still have trauma and you [00:50:55] can still have stuff you're working on, but you have the energy to evolve yourself and So, Everyone [00:51:00] over age 40 has mitochondrial deficiency, we call it aging.

And 48 percent of [00:51:05] people under age 40 have early onset mitochondrial dysfunction. And dysfunction doesn't mean [00:51:10] on or off, it means you went from 100, maybe you're running at 60%. And you probably won't [00:51:15] really feel it, but if you're like you or me when we got chronic fatigue and like really seriously [00:51:20] messed with, and you can be messed with by toxins, by emotional stress, a bad breakup, or a car accident, [00:51:25] whatever, Your mitochondrial networks can go almost into shutdown, and then you develop something called a cell [00:51:30] danger response.

And then any time that trigger happens, a lot of people talk about, you smell mold, [00:51:35] and it's like, Yeah. So everything in your body kind of freaks out. [00:51:40] And what KAVA is doing, the way you're describing it here, well, your amygdala is [00:51:45] less triggered. So you're less likely to get a central nervous system danger response when you don't want [00:51:50] to.

But what's happening before that. It's because kava is blocking some of [00:51:55] these inflammatory channels that cause mitochondrial dysfunction. Mitochondria stay healthy, therefore [00:52:00] amygdala doesn't get triggered. And the amount of stress for the amygdala would have to be [00:52:05] higher because of the effects of kava.

So this is actually really important. So if you have chronic [00:52:10] fatigue or you have just extreme tiredness from travel. [00:52:15] This might really be a game changer. I've not tried it for this, but knowing how all this stuff works [00:52:20] because I'm a biohacker and I write books on this stuff, I'm super intrigued. I mean, I have access to it.

I'll throw you

[00:52:24] **Cameron:** another [00:52:25] one too. So, KAVA's working on this entire continuum that brings [00:52:30] safety and groundedness and stability to the nervous system all the way down to the cell level, right? Right. [00:52:35] So, what we're talking about are the most tangible effects. That's why we talk about GABA a lot, and we're talking about things in the [00:52:40] chemical level.

But the chemistry in the body is just a byproduct of cellular function or cellular dysfunction. [00:52:45] One of Kava's almost never talked about [00:52:50] components or constituents or mechanisms is its metabolic effects. [00:52:55] What I noticed whenever I was starting to take Kava, I was metabolically [00:53:00] broken. That's why I was so non adaptive and everything because I was so toxic and so inflamed, I mean the whole thing.[00:53:05]

And so I was trying to keto adapt and I was trying to fast. I was trying to implement some of those strategies at one point. It's [00:53:10] not

[00:53:10] **Dave:** always a good idea in those cases. No,

[00:53:11] **Cameron:** it's not. I found out. But, I found out that I could start layering [00:53:15] in some minor intermittent fasting about ten times easier [00:53:20] whenever I was on high doses of kava.

And then, after diving into the literature and reading, Every [00:53:25] piece of literature ever published on kavli find out that kava is a powerful amp kinase activator So [00:53:30] it's it's it's an mk activator the adenosine monophosphate activated protein kinase pathway that stimulates fat [00:53:35] burning and ketone production Intour suppression etc.

So what it's doing is it allowed [00:53:40] me to go much much longer periods of time even longer than I've been able to go [00:53:45] whenever I'm on coffee, which I can't really drink coffee that much anymore because I'm still kind of sensitive just to the [00:53:50] stimulation. I love coffee though, but I mean, you know, but back in the day, [00:53:55] coffee would suppress my appetite for sure.

I've never seen anything that has suppressed my appetite and allowed me to [00:54:00] go longer without putting glucose in than kava. Like it really is that it's really [00:54:05] powerful. We've used it for adaptation for intermittent fasting and even for certain forms of like [00:54:10] partial fasting. Cause it's just applying energy to the cell while reducing that cell danger [00:54:15] response through the chemistry.

[00:54:16] **Dave:** Now, true kava, you don't have sugar in it, right? No, no, [00:54:20] it's stevia and

[00:54:21] **Cameron:** monk fruit. But the new drinks have a small, like one to two [00:54:25] grams of sugar, but oil has none, and the new products will have none.

[00:54:28] **Dave:** So it's an [00:54:30] interesting idea because we know that caffeine can double ketone production by itself, [00:54:35] even if it's not coffee.

I prefer coffee because it has all the polyphenols. So that's an [00:54:40] independent pathway than what kava does. So my protocols for intermittent fasting will at [00:54:45] least use black coffee. And of course, you could use MCTs, which you're still fasting, even though there's [00:54:50] calories because it doesn't affect insulin or mTOR.

But you could layer in true kava on top of [00:54:55] that. And then just, you know, Go 24 hours without eating, without feeling any pain.

[00:54:59] **Cameron:** I've been doing this for [00:55:00] years. I actually think that that, that trio, I kind of call it the fasting trio, and I recommend it [00:55:05] to, whenever we're working with the doctors in anything, and we've just got amazing results.

Obviously the [00:55:10] combination that you've been doing and recommending for years of coffee and MCT is fantastic, but whenever you [00:55:15] layer CVA in with that, especially the right dosage, the right amount, it really rounds out. [00:55:20] That combination into something on a totally another level from a nootropic standpoint from a [00:55:25] grounded centerness from a creativity standpoint and also from an appetite suppression ketone production the whole [00:55:30] thing people just feel elated, but yet calm and centered.

So for some people that get [00:55:35] anxious off of coffee, kava really helps to take the edge off of that to where they can [00:55:40] tolerate it, but also. Both, both MCTs, you know, medium chain triglycerides [00:55:45] and caffeine are both potentiators of kava because they help to actually, what we see actually [00:55:50] is that the MCT actually helps to shuttle the kava lactones across the gut barrier and across the blood brain [00:55:55] barrier, and coffee helps to do the same.

Anybody just objectively who's a kava drinker, [00:56:00] if they ever layer in like a traditionally prepared kava into coffee, you get [00:56:05] this, uh, amazing elation like it's just like, it just like supercharges it. It puts it on a [00:56:10] super, which is why at the conferences we're, you know, right across from that danger across [00:56:15] from

[00:56:15] **Dave:** us at the biohacking conference.

And I have to plug that it's in May, [00:56:20] May 28th, biohackingconference. com, the largest biohacking And first back in conference, [00:56:25] we're expecting 4, 000 people. It's

[00:56:26] **Cameron:** fantastic. It's the best conference of its kind. There's no question. So we're going [00:56:30] to have danger coffee and walk

[00:56:31] **Dave:** through cover right across the way.

So you'll be able to do it. We always do it. So

[00:56:33] **Cameron:** people can, can do [00:56:35] a shot or they can come over and we'll put some, some cava oil in their coffee. So we have people that [00:56:40] shuttle over after they get their danger coffee in the morning and they just walk around. It just, it enlivens the whole experience [00:56:45] because you feel connected, grounded.

You're just ready to learn, absorb information better. It's great. [00:56:50]

[00:56:50] **Dave:** Let's talk about this for a minute. True Kava makes a kava oil called [00:56:55] KavaPlex. And I use that before sleep, and it works really, really well. [00:57:00] But I don't typically use it in the mornings or during the day. For me, kava's always been kind of like [00:57:05] an evening ish sort of thing.

It sounds like there's a use case for at least the [00:57:10] oil in the morning. What's the difference between the true Kava oil and the true Kava [00:57:15] beverages? And what are the different effects? So right now we've got three

[00:57:17] **Cameron:** products. We've got the beverages, we've got the shots and [00:57:20] we've got the oils. The beverages are more like that social [00:57:25] tonic.

Take it any time of the day. It gives you a little bit more of the euphoric up sort of [00:57:30] kick. And it's sort of a little bit more well rounded as far as everything we've been talking about as a social tonic. [00:57:35] The, the Kava black soil. We've got two forms of it. We've got the kavaplex and the [00:57:40] kavaplex mine.

The kavaplex, it's made still without any use of solvent [00:57:45] extraction to make it an extract and make it weak like I talked about before. It's made through a hydraulic [00:57:50] pressing method that, uh, that doesn't oxidize any of the oils in there and keeps them stable and whatnot. [00:57:55] But the way that we've extracted kava in that context, [00:58:00] It brings out the tradition, the broad spectrum of traditional kava's effect [00:58:05] profile, but at a depth and concentration that's more mild, that gives you more of that just [00:58:10] sort of anxiety relief, therapeutic, run in the background type of thing.

So it's That's the oil. Yes. Okay. The [00:58:15] kavaplex oil is more like that. Some people Report they get some of the other [00:58:20] effects to some of the more nootropic effects But those come more from the drinks in the Kava Plex mind The reason why [00:58:25] they come through with the complex minds because we use a strain from Tonga that's very on the euphoric side So it comes through.[00:58:30]

So Kava Plex mind is a kind of oil?

[00:58:32] **Dave:** Yes. I don't think you've ever given me that stuff [00:58:35] Oh, you definitely had it. Maybe you didn't. I just have, it's on my counter in there. It's just Kava Plex [00:58:40] So I'm an investor and advisor in true Kava. You never sent me a complex mind. I will. So [00:58:45] special strain. You haven't had it.

I'm pretty sure you actually have. Maybe I just didn't know. Yeah. Or maybe it didn't work. Cause I [00:58:50] forgot.

[00:58:50] **Cameron:** Yeah,

[00:58:50] **Dave:** it could be,

[00:58:52] **Cameron:** it could be. You, you, you had to have had it. Okay. I [00:58:55] probably haven't. But, but the interesting thing, like I just kind of alluded to when you add even the regular complex into [00:59:00] coffee.

It, it kind of takes the edge off of the coffee, adds that groundedness, [00:59:05] but also sort of kicks it up into that euphoric sense too. So, but to your point, [00:59:10] if there is one product that's taken more kind of as a tonic supplement, like the latter part of the day or the [00:59:15] later part of the day for sleep, it's the Kavaplex.

It's not going to knock you out, but it just kind of starts to [00:59:20] relax you. It's not really going to get you super engaged like the rest of the products are.

[00:59:23] **Dave:** My average time to go [00:59:25] to sleep is under two minutes. Yes. And that's not because I'm sleep deprived. It's because I'm an expert [00:59:30] on knowing how to sleep because I was so crappy at sleeping.

I just learned how. So I don't notice [00:59:35] any difference in onset because I don't have a problem there. But what I do see [00:59:40] is more D, more REM, and higher heart rate variability when I do Kavaplex.

[00:59:44] **Cameron:** Which is [00:59:45] also one of the key distinguishing factors between kava and alcohol [00:59:50] and cannabis.

[00:59:51] **Dave:** Those ruin your sleep.

[00:59:52] **Cameron:** So, so not CBD, but [00:59:55] THC and alcohol both tend to ruin your deep and REM sleep. So people say, Oh, well, they knocked [01:00:00] me out. I slept last night, but they wake up feeling like shit. They don't understand why, or they need [01:00:05] 9, hours to sleep, or they just their performance is bad.

[01:00:07] **Dave:** It's the same logic. You know, I hit myself on the head with a [01:00:10] hammer and it knocks me out just great.

Like, well, good for you. Yeah. And what was the other thing that happened? [01:00:15] Exactly, exactly.

[01:00:16] **Cameron:** So have your cake and eat it too, like we were talking about before. Kava actually [01:00:20] helps get you into sleep. But it also improves and expands your deep and rim sleep. And we [01:00:25] see that all the time with people that are self quantifying with oar rings and everything like that.

So Kava improves the [01:00:30] quality of sleep while giving you all of those things that you want from a recreational substance. So it's really the [01:00:35] only substance that's natural, that's a food, that's recreational, [01:00:40] Also improves your recovery and deep sleep and improves your nervous system recovery, not just your muscle [01:00:45] recovery.

I mean, so many of the recovery supplements on the market today, like the amino acids, like the [01:00:50] creatines, like the, like, you know, the electrolytes and so on. Those are all great for muscle recovery and, [01:00:55] you know, to some degree feed into nervous system recovery. But kava really is layered great on those things for [01:01:00] all kinds of recovery.

Helps the nervous system.

[01:01:01] **Dave:** So we've covered some. New stuff about kava [01:01:05] and we've talked a lot, but these are things that I think are probably new to the world [01:01:10] kava before date night kava before therapy or a difficult [01:01:15] conversation with a partner and we talk about kava before flying to [01:01:20] help your mitochondria out via a pathway.

I didn't understand before. And then the [01:01:25] final thing here is using kava oil in the morning with your coffee in order [01:01:30] to get more effects throughout the day. So this is absolutely new knowledge in the world. [01:01:35] And Cameron, I genuinely appreciate just the level of nerdy [01:01:40] curiosity and focus you have on kava.

You are the most knowledgeable kava guy I've ever met. [01:01:45] I love working with you on true kava. And just congratulations on taking something [01:01:50] that would have been even three, four years ago, sort of, uh, a fringe [01:01:55] supplement and, and getting it into sprouts and getting it into circulation [01:02:00] and are not even kidding.

It's not just my parties that have Trukava, it wasn't just [01:02:05] I'm out social in Austin and you see people are putting it there because people don't want to drink anymore. You know, there might be a [01:02:10] bottle of tequila, but it's still full at the end of the night and I run out of Trukava every time I have a [01:02:15] party.

[01:02:15] **Cameron:** Yeah, we're just getting started too. I've always said this and some people might [01:02:20] disagree and it may be a little bit of a, of a large grandiose party. but my [01:02:25] goal has always been to make kava as common as a cup of coffee. I believe, because in Polynesia it's more common [01:02:30] than coffee, it is a core part of the foundational fabric of their entire social [01:02:35] framework.

What we're doing with True Kava is creating a new category, not just a [01:02:40] supplement that's just mixed into all the other categories, it is a commodity that just like coffee, tea, [01:02:45] kombucha, there's going to be kava. And you're going to be able to You Reach for something like [01:02:50] that instead of substances that kick you in the head or the borrow from tomorrow's emotional states to [01:02:55] pay for today.

It's something that actually feeds to your mental and emotional health, which is amazing. I'll say [01:03:00] one more thing about this, because this is really important for people to understand. Because I started Trukava [01:03:05] Not to sell product even though that's part of what we're doing. I started it Because [01:03:10] I was severely sick and I was suffering and I see this this this global epidemic [01:03:15] of trauma and mental illness And just illness in general and disconnection [01:03:20] isolation loneliness all of that stuff and obviously Most of the coping [01:03:25] mechanisms are pathological that people will reach for alcohol and drugs and things like that.

And [01:03:30] just putting kava into the culture and making it available to millions of people [01:03:35] could actually make a significant contribution to the changing of the [01:03:40] collective mindset around how we socialize and how we create a space for elevated mental and [01:03:45] emotional states and for community. That's what it's done in the South Pacific.

It's shaped the entire culture [01:03:50] there and have healthy values. Michael Pollan, whenever he wrote one of his last [01:03:55] books, I think he was on Rogan's podcast or something, and he was talking about how coffee helped to shape the collective [01:04:00] productivity driven mind. Coffee

[01:04:01] **Dave:** has changed the world. Yes. Even the enlightenment.

Yes. Yes.

[01:04:04] **Cameron:** Because [01:04:05] psychoactive substances, even if it seems like a small thing, when millions of people get into an altered state, which coffee [01:04:10] is it's a mild altered state, but you have millions of people Synchronized in an altered [01:04:15] state, the quality of that altered state can actually help to shape the collective values and aspirations [01:04:20] and and work ethic of the entire culture.

And if you can put a [01:04:25] substance, which is a counselor of sorts, something that it's biological and pet that's a friend to us, an organism on this planet [01:04:30] into the culture that actually brings about these positive, healthy, cumulatively [01:04:35] healthy and mentally fortifying states of mind, then just [01:04:40] like coffee did, I think that we could actually help to.

To, you know, to reshape some of the [01:04:45] values, right? You know, that are reflected in our culture. And, you know, it's just some of the sense of well being and [01:04:50] interconnectedness. So, I actually believe it's not just, it's not overly grandiose. That's a real thing. Look in [01:04:55] Polynesia and see, see what their mental health statistics are over there.

They attribute a lot [01:05:00] of it to practices like Kava, so.

[01:05:03] **Dave:** That's a [01:05:05] profound reason for doing what you do. And I appreciate it. I love being part of the true Kava [01:05:10] path here. And seeing biohacking companies like True [01:05:15] Kava and biohacking founders like you progress and just make our [01:05:20] industry into a global force.

It's just makes me really [01:05:25] happy. You were at the business of biohacking conference and we had 125 [01:05:30] biohacking entrepreneurs where I brought in the world's best business people and we [01:05:35] shared all this information and that's why I'm working with you as an advisor because I think this, this really [01:05:40] matters and I'm going to experiment on my next flight.

I'll bring some true coffee shots with me. [01:05:45] And I'll report on my results.

[01:05:47] **Cameron:** Yeah.

[01:05:47] **Dave:** And Bedroom

[01:05:48] **Cameron:** public speaking. [01:05:50] Yeah. Let's try it everywhere. Send me the keg, Grant. Absolutely. Yeah. Man, we're [01:05:55] heading into a golden age, I think. It's a renaissance period. Some amazing things are happening. I just love connecting [01:06:00] with Value driven entrepreneurs, organization leaders that are just, we [01:06:05] all play different parts in this whole thing, right?

We all have our specialties, but, but man, I just love doing these [01:06:10] things. I love doing these podcasts, man. I'm so grateful for everything that you've done for me, all your advice. I'm, [01:06:15] I'm just grateful for all of our interactions and everybody else we interact with too. So [01:06:20] good things, guys.

[01:06:21] **Dave:** I think you can tell.

I only bring on [01:06:25] people who make good stuff, people who are experts. And [01:06:30] I use a lot of different biohacking products. And I do this because it works, and because each of them, [01:06:35] it's worth the return on investment. Where, okay, what are the pros, what are the cons, [01:06:40] how hard is it, how much does it cost, does it taste like crap, or anything like that.

And. [01:06:45] I talk about these relentlessly, because I want you to know every tool that's [01:06:50] available for you to get the state you want. And true kava may not be the state you want, and [01:06:55] that's totally fine. You don't have to try everything I talk about. Now you understand the mechanisms of [01:07:00] kava, you understand the historical usage.

And you've got some use cases where you might say, I want to give it [01:07:05] a try, in which case go for it. And if you say that's not for me, that's good too. But now, you know, [01:07:10] I'll see you on the next episode. See you next time on the human [01:07:15] upgrade podcast.