

Kava Kava

Botanical name: *Piper methysticum*

Energetics/Actions: Pungent, bitter, dry, neutral, urinary antiseptic, antispasmodic, analgesic, mental stimulant, sedative (in larger doses)

Description

Used in ceremonies and for its calming effects,

Kava Kava is a sacred herb to the people of the Pacific Islands. Its name means “intoxicating pepper”. Traditionally the root was fermented or warmed in milk and was taken prior to settling disputes. Kava Kava has many uses and is used for relaxation, pain and urinary symptoms. It works well for symptoms of anxiety and sleeplessness caused by anxiety. Best for short term use as needed.



Uses

Anxiety: A good treatment for short term anxiety.

Muscular pain: Useful for muscle relaxation and pain relief.

Sleep: For sleeplessness associated with anxiety.

Urinary symptoms: Good as a urinary antiseptic and tonic.

Dose

Tea: 1-3 teaspoons of powdered root mixed in a blender with a fatty milk like whole cows milk or coconut milk and strain through cheesecloth. Can also be steeped in warm milk (do not boil) in a muslin tea bag or cheesecloth for 30 minutes.

Extract: 1-2 capsules up to 3 times a day. Check the amount of kavalactones.

Tincture: ½ to 1 teaspoon up to 3 times a day.

*Do not exceed 250 mg of kavalactones a day.

Safety Information

Do not drive or operate machinery while using Kava Kava, as it can cause mild sedation. There have been some reported cases of liver damage in people using Kava. Talk to your health care provider if you have liver or kidney disease or are taking other medications. Not recommended for long term use.