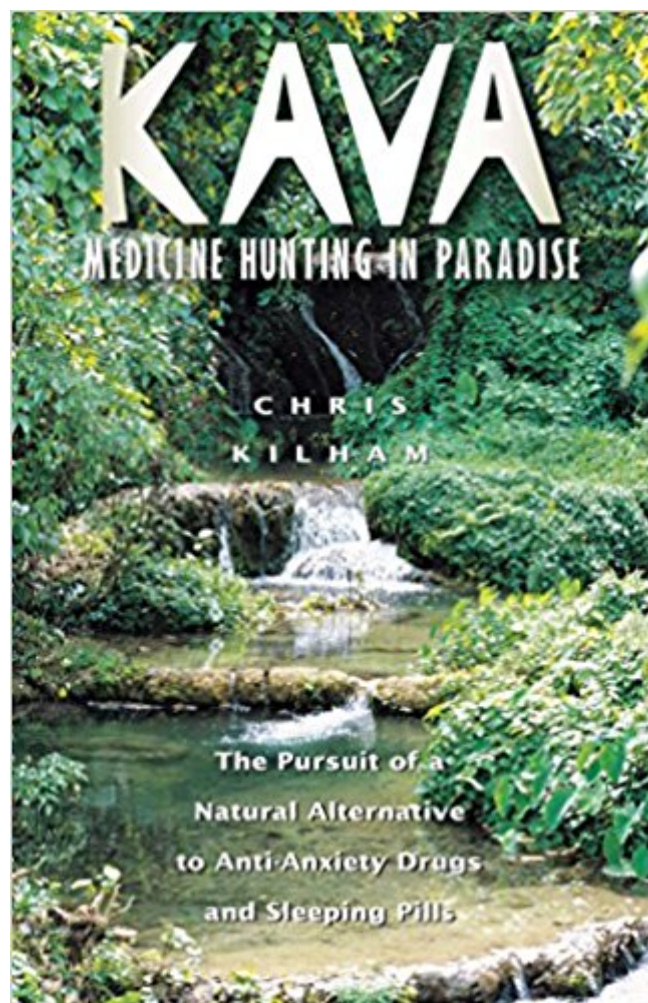




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Kava: Medicine Hunting In Paradise: The Pursuit Of A Natural Alternative To Anti-Anxiety Drugs And Sleeping Pills



Synopsis

Kava, *Piper Methysticum*, is the most effective relaxing and stress-relieving plant in all of nature. This book is the tale of plant researcher Chris Kilham's investigations into this plant and his far-ranging explorations deep in the South Pacific in search of a source of kava. Kilham takes the reader on an adventurous journey through the mystical native legends, outlandish history, and exciting science surrounding this potent plant. A story replete with pulpit-pounding missionaries, kava-drinking natives, sorcerers, a mysterious Tahitian prince, and the author's own humorous outlook amidst difficult and perilous circumstances, Kava is a must-read for those who love tales of travel and adventure and those interested in plant medicine. Kava is poised to become an important and now readily available natural alternative to stress-relieving drugs.

Book Information

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Customer Reviews

"Truly exotic locales can be visited in Kava: Medicine Hunting in Paradise, Chris Kilham's odyssey of a medical research mission on the South Pacific island of Vanuatu." (Publishers Weekly)

HEALTH / TRAVEL Join botanical researcher Chris Kilham in the South Seas as he searches for kava, the most effective relaxant and stress-reliever in all of nature. A soothing, safe alternative to dangerous tranquilizers, sleeping pills, and antidepressants, kava naturally eases muscular tension and insures deep, refreshing sleep. Kava-based remedies are used by Europe's largest pharmaceutical companies to treat everything from urinary tract infections to arthritis, as well as nervous disorders of all kinds, but no source of pure, high-quality kava has been available to

consumers. An exploration of the magical relationship between a people, a place, and a plant, *Kava: Medicine Hunting in Paradise* takes you on a journey through the mystical legends, outlandish history, and exciting science surrounding kava. Kilham ventures deep into unexplored islands of Vanuatu to set up a kava trade with the natives. Along the way he befriends a Tahitian prince, survives deadly seas in a questionable boat, and discovers powerful varieties of kava completely unknown to the West. With a thorough analysis of kava research, and information on where to find the best kava, *Kava: Medicine Hunting in Paradise* is a must-read for those interested in adventure, plant medicines, or the cultures of Oceania. Chris Kilham has been involved in the field of holistic health as a writer, lecturer, and entrepreneur since 1970. He is the author of many books, including *The Five Tibetans*, *Take Charge of Your Health*, and *The Whole Food Bible*, and is the founder of Cowboy Medicine Expeditions, which specializes in researching and launching products based on plant medicines.

Being a big fan of kava for almost 10 years now, I've always wanted to get some more info on the subject. And since there has been a plethora of misinformation about kava over the past 20 years, most of it revolving around the supposed liver problems it causes, this book goes to great lengths to dispell those myths, and shed light on the roots of prejudice against kava. As an added bonus, this details the author's first trip to Vanuatu, and that reads like a travel guide to an exciting South Pacific adventure. Whether you are new to kava, curious about trying it, or an kava fanatic, this book will provide you with all the information you need!

Everything you need and want to know about Kava is in this book. Well written and enjoyable reading.

fascinating

INTERESTING! Bought it for my Kindle Fire...Recommend it for anyone to read about, and perhaps incorporate into their lives.

Very interesting read. Although the book needs full color photos and appears to be outdated. I was astonished with the results from the head to head studies between the kava root and the benzodiazepine drugs. It seems like a no brainer. Natural kava is head and shoulders better than it's prescription counter parts.

ok

This book gave me the comfort level and impetus to try Kava as a cure for my chronic insomnia. Previously I read and tried melatonin, with no success. Finally a protracted illness lead me to search again. The author gives enough details on the plant, pharmacology, and ethnobotany. There is eight pages of full references for additional research, if desired. Went to a local health food store / COOP with the book in hand and had the staff present the different brands of Kava in stock. Finally selected a Kava tincture because a salesperson / user said that this is the best form, compared to powdered root, capsules, and other standardized extracts. He said you will get the fastest and most powerful effects with this tincture, especially since the label said it was extracted from Vanuatu Isl 4-8 yr old roots. He was right on target; the tincture gave a white cloudy mixture when a couple of dropperfuls in 1/3 glass of water. It tasted pretty musty, as expected from reading about the Nakamals, native kava bars!! Got a slight numbing of the tongue too! Fell asleep within 30 minutes and did not wake up for 6 hours, refreshed and alert. The next best thing to being there with the author, who wrote a great story. My first time using tinctures. Normally I use capsules or try to make a tea out of the bark or root. The book told me of the uselessness of making a tea, as heat destroys the kavalactones.

We're featuring this book in a section of COCONUT, the Web Guide to the Tropical World. The section is all about kava, and the author's new book comes out at a perfect time, as interest in Kava is growing rapidly all over the world. This book rambles at times, but the story of the author's encounters with a village of ni-Vanuatu people is wonderful and memorable and happily, it forms the bulk of the book. For a full review of Chris Kilham's KAVA book, check out the COCONUT website (which will be making its grand opening in August 1996) at [...] Brian Dear, Editor of "COCONUT"

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