

Kava Kava

Benefits & Properties

Axiolytic, Sedative

Main Applications

- Managing stress and anxiety
- Treating insomnia

Supportive Compounds

- Kavalactones

Medicinal Actions

Kavalactones are the main compounds responsible for kava medicinal properties, particularly its sedative actions. It is thought that kavalactones **induce states of relaxation** by influencing gamma-aminobutyric acid (GABA) transporters and **improve mood** by affecting endocannabinoid receptors in the body.

All About Kava

Ray Sahelian



All About Kava:

Delve into the emotional tapestry woven by Emotional Journey with in Dive into the Emotion of **All About Kava** . This ebook, available for download in a PDF format (*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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