

- ▶ Relieves PMS symptoms
- ▶ Alleviate muscle cramps and aches
- ▶ reducing social anxiety- increase sociability, friendliness and affability
- ▶ Provide overall greater sense of well-being
- ▶ Sensations of peacefulness and contentment- brings on a happy, tranquil state
- ▶ http://www.vanderbilt.edu/ans/psychology/health_psychology/kava.htm



- ▶ According to University of Maryland Medical Center (UMMC), “Kava supplementation is an effective anxiety treatment and may also decrease the time it takes you to fall asleep and improve your sleep quality”



Safety

▶ Negative side effects:

- Temporary weakness and dizziness
- A skin disorder consisting of scaly rash and eye irritations
- Mild dizziness
- Insomnia
- Nausea
- Gastrointestinal disturbances



Supplement Facts	
Serving Size	10 Drops
Servings Per Container	90
AMOUNT PER SERVING	
EXTRACT †	
Kava Kava root †	
<i>(Piper methysticum),</i>	
in Pure Grain Alcohol USP	
(50-60%), 10% Pure Vegetable	
Glycerin, and Water.	
VALIDATED FULL SPECTRUM PROFILE™	
Kavalactones	50 mg†
†Daily Value not established.	

† = Ecologically Harvested
from Vanuatu Island, South Pacific

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- ▶ Do not take with anti-anxiety drugs
- ▶ Do not take if you have Parkinson's Disease, if are pregnant or nursing or if you have other complicating medical conditions
- ▶ Can negatively interact with prescription medications such as levodopa, diuretic water pills, anti-anxiety meds such as Valium and Xanax and anticonvulsant meds such as Dilantin
- ▶ Has been associated with liver-related injuries including liver failure, cirrhosis of the liver and hepatitis <http://www.livestrong.com/article/113271-kava/>



However...

- ▶ You are far more likely to suffer from liver_damage by taking the prescription anti-anxiety drug, Valium, than you are from kava, yet it is taken by millions daily with little question and with no major adverse publicity.
- ▶ The over-the-counter pain medication, acetaminphen (Tylenol), also has a high incidence of liver toxicity, especially when combined with alcohol.

<http://www.diagnose-me.com/treat/T10557.html>



The Long Term Health Effects Of Kava

Eyes

- bloodshot red eyes

Respiratory System

- difficulty in breathing
- shortness of breath

Circulatory System

- changes in the red blood cells, white blood cells and platelets

Liver

- liver damage
- biochemical changes

General Body

- apathy
- increased general ill health
- malnutrition
- loss of body fat
- increased susceptibility to infection

More Common and Less Severe Effects

- mild sleepiness
- numbing of mouth and throat
- loss of appetite
- muscle weakness
- sick to the stomach

Central Nervous System

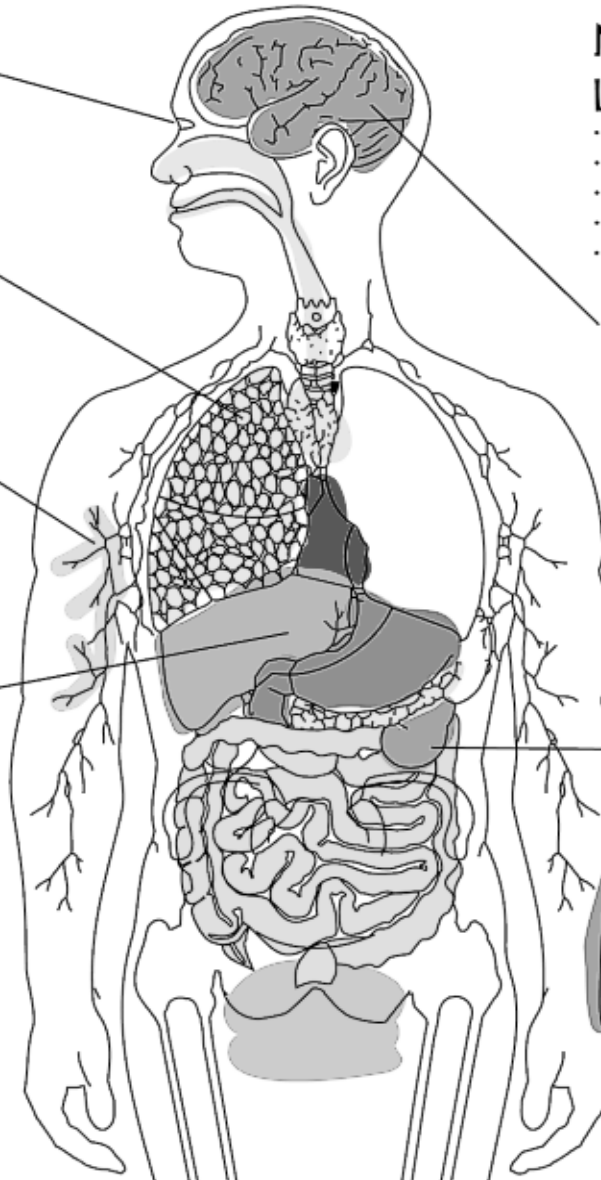
- loss of muscle control (ataxia)
- disturbance to ocular motor balance, photophobia
- exacerbates mental illness such as depression and schizophrenia
- nervous trembling

Kidney

- renal dysfunction
- increased diuresis

Skin

- dry, scaly (crocodile skin, kani kani) with yellow or white discolouring



http://www.nt.gov.au/health/healthdev/health_promotion/bushbook/volume2/chap1/kava.htm

¡Questions!

- ▶ Those of you who had the kava tea, how did you feel before and after consuming it?
- ▶ What are some possible strengths and weaknesses to our experiment? How could our experiment be improved?
- ▶ Would you recommend the use of kava kava to a friend or loved one? If so, for how long?



Any Questions?

