

KAVA

NATURE'S STRESS BUSTER

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An Ancient Remedy for Modern Day Stress Kava was consumed by peoples of the world before written history and has long been an alternative to prescription stress medication in Europe. Now this ancient remedy has been discovered by millions of Americans seeking relief from the hectic pace of today's world. KAVA: Nature's Stress Relief takes a thorough look at this popular herb--its origin, its uses, and its effects--and provides the answers you need about this amazing natural remedy in a quick-and-easy Q & A format. What is Kava and how does it work? Where does it come from and how is it consumed? What is the extent of the relaxation effect? Are there any side effects from taking Kava? Can Kava be used with other herbs or medications? What is the correct dosage? In what form should Kava be taken? Are there any additional conditions relieved by Kava? How quickly will Kava take effect? And much more!

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