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Kava: Medicine Hunting in Paradise: The Pursuit of a Natural Alternative to Anti-Anxiety Drugs and Sleeping Pills

Christopher S. Kilham

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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.

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