



Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry

Vincent Lebot, Mark Merlin, Lamont Lindstrom

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This complete guide to kava summarizes the literature and research on a plant that is now considered comparable or superior to anti-stress prescription drugs, and describes its use in the religious, political, and economic life of the Pacific islands for centuries. Beyond its soporific qualities kava is also used throughout the Pacific as an analgesic, a diuretic, and an anesthetic. There is even evidence suggesting it is effective in the treatment of asthma, tuberculosis, and venereal disease. Exhaustively researched, *Kava: The Pacific Elixir* offers an extensive survey of this amazing plant from the perspective of the horticulturist, the ethnobotanist, and the pharmacologist.

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