



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

By Vincent Lebot, Mark Merlin, Lamont Lindstrom

Download now

Read Online ➔

Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom

- The most comprehensive book ever written on nature's most effective stress-relieving plant.
- First paperback edition of the classic comprehensive text originally published by Yale University Press.

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 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.

↓ [Download Kava: The Pacific Elixir: The Definitive Guide to ...pdf](#)

📖 [Read Online Kava: The Pacific Elixir: The Definitive Guide t ...pdf](#)

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

By Vincent Lebot, Mark Merlin, Lamont Lindstrom

Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom

- The most comprehensive book ever written on nature's most effective stress-relieving plant.
- First paperback edition of the classic comprehensive text originally published by Yale University Press.

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.

Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom Bibliography

- Sales Rank: #921479 in Books
- Published on: 1997-02-01
- Released on: 1997-02-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .80" w x 6.00" l, .95 pounds
- Binding: Paperback
- 272 pages

 [Download Kava: The Pacific Elixir: The Definitive Guide to ...pdf](#)

 [Read Online Kava: The Pacific Elixir: The Definitive Guide t ...pdf](#)

Download and Read Free Online *Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry* By Vincent Lebot, Mark Merlin, Lamont Lindstrom

Editorial Review

Review

"A well-written, succinct, yet extensive overview of research on kava from several perspectives." (*Patrick V. Kirch, University of California, Berkeley*)

From the Back Cover

ETHNOBOTANY

The most comprehensive treatment of kava ever written, *Kava: The Pacific Elixir* summarizes the literature and research on a plant that is now considered comparable or superior to anti-stress prescription drugs. Kava is consumed throughout the Pacific as a relaxing beverage for social interaction and as a support to religious inspiration. Because of its many beneficial qualities it is superior to alcohol, nicotine, tranquilizers, and other substances that serve to reduce stress and improve mood. Interest in kava is growing worldwide and its consumption is now extending well beyond the Pacific Rim as new products are developed from it for pharmacological and recreational markets worldwide.

Exhaustively researched, *Kava: The Pacific Elixir* offers an extensive survey of this amazing plant from the perspective of the horticulturalist, the ethnobotanist, and the pharmacologist. It provides compelling insights into this plant that has been an integral part of the religious, political, and economic life of the Pacific islands for centuries. It contains information that is invaluable to the serious scholar yet is not written with the specialist alone in mind. Beyond its soporific qualities Kava is also used throughout the islands of 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.

VINCENT LEBOT is a geneticist and plant breeder studying the improvement of tropical root crops. MARK MERLIN is a professor at the University of Hawaii specializing in ethnobotany and tropical ecology, and is a Fellow of the Linnean Society of London. LAMONT LINDSTROM is a professor of anthropology at the University of Tulsa and is also the author of *Knowledge and Power in a South Pacific Society* and *Cargo Cult: Strange Stories of Desire from Melanesia and Beyond*.

About the Author

Vincent Lebot was a research fellow in the department of Horticulture at the University of Hawaii. Mark Merlin is an associate professor in the General Science department at the same university. Lamont Lindstrom is a professor of anthropology at the University of Tulsa.

Users Review

From reader reviews:

Theodore Rios:

Do you have favorite book? For those who have, what is your favorite's book? Publication is very important thing for us to know everything in the world. Each reserve has different aim or maybe goal; it means that publication has different type. Some people feel enjoy to spend their time and energy to read a book. They may be reading whatever they have because their hobby is definitely reading a book. Why not the person

who don't like reading a book? Sometime, person feel need book when they found difficult problem or maybe exercise. Well, probably you will need this Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry.

Beverly Dyar:

Within other case, little folks like to read book Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry. You can choose the best book if you love reading a book. Provided that we know about how is important the book Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry. You can add information and of course you can around the world by just a book. Absolutely right, because from book you can realize everything! From your country until eventually foreign or abroad you can be known. About simple point until wonderful thing you are able to know that. In this era, we can open a book or even searching by internet system. It is called e-book. You should use it when you feel fed up to go to the library. Let's go through.

Glenna Monaghan:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their particular friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Might be reading a book is usually option to fill your free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the e-book untitled Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry can be fine book to read. May be it is usually best activity to you.

Charles Massie:

A lot of e-book has printed but it is unique. You can get it by net on social media. You can choose the very best book for you, science, comedian, novel, or whatever by means of searching from it. It is referred to as of book Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry. You'll be able to your knowledge by it. Without leaving behind the printed book, it can add your knowledge and make you happier to read. It is most essential that, you must aware about e-book. It can bring you from one location to other place.

Download and Read Online Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom #2SQIVRZOWXC

Read Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom for online ebook

Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom books to read online.

Online Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom ebook PDF download

Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom Doc

Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom Mobipocket

Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom EPub

2SQIVRZOWXC: Kava: The Pacific Elixir: The Definitive Guide to Its Ethnobotany, History, and Chemistry By Vincent Lebot, Mark Merlin, Lamont Lindstrom