





BEACH LIFE

— Kava & Tea Bar —

WHAT IS KAVA?

Kava is a pepper plant grown in the South Pacific islands. Drinking traces back over 3,000 years as a social and ceremonial activity. British pharmacies made kava based remedies available in the early 1900's. By 1920 medicinal kava treatments were prescribed for nervous disorders.

WHY KAVA?




-  Kava has been a medicinal remedy for headaches, reducing inflammation, and alleviating a wide range of conditions for over 200 years in the United States and over 3000 years in other countries.
-  Reduce anxiety, weight loss, smoking cessation, reduce menopause symptoms, aids sleep, relaxes muscles, alleviate restless leg, protects kidneys, stop bladder cancer, alcohol substitute, and non-addictive

HOW TO PREPARE

1. Add 2-4 tablespoons of kava root powder and hot water (120-160, not boiling) to a blender.
2. Blend on high 3-4-minutes.
3. Pour into a mesh bag, nylons, or kava bag and squeeze the root in a large bowl.
4. Consume with a good friend or a good book and relax.

You can add juice, agave, coconut milk, and chocolate to your favorite kava!

PRICING

-  Beached Kava (dry root) single serving \$5
-  Melo Kava (dry root) single serving \$3
-  Extract powder seven serving \$5.25

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