



## BEACH LIFE

— Kava & Tea Bar —

### WHAT IS KRATOM?

Kratom (*Mitragyna Speciosa*) is a plant from Southeast Asia that promotes a feeling of well-being by increasing dopamine and serotonin. It has been shown to help relieve joint pain, muscular pain, neurological pain and headaches caused by tension and stress.

### WHY KRATOM?

**White Maeng Da** produces energy and improves blood flow, so this is good for daytime pain. Some find a mixture of red and white work best to counteract the drowsy effects of red strains.

**Yellow Maeng Da** is known for calming effects on the nerves, a great stress reliever, with energy.


**Red Maeng Da** is the most potent strain. The analgesic effect can help alleviate joint and muscle pain. Some people experience relaxation and relief from anxiety. High doses promote a euphoric feeling of happiness.

**Green Malay** is a mood elevator, can help relieve anxiety, and relief from opioid withdrawals.

### HOW TO PREPARE

1. Add boiling water to 2 grams of powdered kratom.
2. Add cinnamon and lemon or lime as a potenerator (increase absorption).
3. Steep for ten minutes.
4. Consume with a good friend or a good book and relax.

### PRICING

 30 gram bag - \$7.50 or two for \$12.00

 20 capsules - \$25.00

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