

VINCENT LEBOT, MARK MERLIN, AND LAMONT LINDSTROM

KAVA

THE PACIFIC ELIXIR



THE DEFINITIVE GUIDE
TO ITS ETHNOBOTANY, HISTORY, AND CHEMISTRY

Kava The Pacific Elixir The Definitive Guide To Its Ethnobotany History And Chemistry

Simon Y Mills, Kerry Bone



Kava The Pacific Elixir The Definitive Guide To Its Ethnobotany History And Chemistry:

Kava: The Pacific Elixir Vincent Lebot, Mark Merlin, Lamont Lindstrom, 1997-02 This complete guide to kava describes its centuries long use in the religious political and economic life of the Pacific islands and summarizes the literature and research on a plant that is now considered a comparable or superior alternative to anti stress prescription drugs

Principles and Practice of Phytotherapy Kerry Bone, Simon Mills, 2013-01-08 The authoritative and comprehensive modern textbook on western herbal medicine now in its second edition This long awaited second edition of Principles and Practice of Phytotherapy covers all major aspects of herbal medicine from fundamental concepts traditional use and scientific research through to safety effective dosage and clinical applications Written by herbal practitioners with active experience in clinical practice education manufacturing and research the textbook is both practical and evidence based The focus always is on the importance of tailoring the treatment to the individual case New insights are given into the herbal management of approximately 100 modern ailments including some of the most challenging medical conditions such as asthma inflammatory bowel disease and other complex autoimmune and inflammatory conditions and there is vibrant discussion around the contribution of phytotherapy in general to modern health issues including health ageing Fully referenced throughout with more than 10 000 citations the book is a core resource for students and practitioners of phytotherapy and naturopathy and will be of value to all healthcare professionals pharmacists doctors nurses with an interest in herbal therapeutics 50 evidence based monographs including 7 new herbs Rational guidance to phytotherapeutic strategies in the consulting room New appendices provide useful information on topics such as herbal actions dosage in children and reading and interpreting herbal clinical trials Comprehensive revision of vital safety data including an extensive herb drug interaction chart 50 evidence based monographs including 7 new herbs Rational guidance to phytotherapeutic strategies in the consulting room New appendices provide useful information on topics such as herbal actions dosage in children and reading and interpreting herbal clinical trials Comprehensive revision of vital safety data including an extensive herb drug interaction chart

Ethnobotany of Pohnpei Michael J. Balick, 2009-02-26 Ethnobotany of Pohnpei examines the relationship between plants people and traditional culture on Pohnpei one of the four island members of the Federated States of Micronesia Traditional culture is still very strong on Pohnpei and is biodiversity dependent relying on both its pristine habitats and managed landscapes native and introduced plants and animals and extraordinary marine life This book is the result of a decade of research by a team of local people and international specialists carried out under the direction of the Mwoalen Wahu Ileilehn Pohnpei Pohnpei Council of Traditional Leaders It discusses the uses of the native and introduced plant species that have sustained human life on the island and its outlying atolls for generations including Piper methysticum locally known as sakau and recognized throughout the Pacific as kava which is essential in defining cultural identity for Pohnpeians The work also focuses on ethnomedicine the traditional medical system used to address health conditions and its associated beliefs Pohnpei

and indeed the Micronesian region is one of the world's great centers of botanical endemism it is home to many plant species found nowhere else on earth The ultimate goal of this volume is to give readers a sense of the traditional ethnobotanical knowledge that still exists in the area to make them aware of its vulnerability to modernization and to encourage local people to respect this ancient knowledge and keep such practices alive It presents the findings of the most comprehensive ethnobotanical study undertaken to date in this part of Micronesia and sets a new standard for transdisciplinary research and collaboration

Ethnobotany Barbara M. Schmidt, Diana M. Klaser Cheng, 2017-07-25 Ethnobotany A Phytochemical Perspective explores the chemistry behind hundreds of plant medicines dyes fibers flavors poisons insect repellants and many other uses of botanicals Bridging the gap between ethnobotany and chemistry this book presents an introduction to botany ethnobotany and phytochemistry to clearly join these fields of study and highlight their importance in the discovery of botanical uses in modern industry and research Part I Ethnobotany explores the history of plant exploration current issues such as conservation and intellectual property rights and a review of plant anatomy An extensive section on plant taxonomy highlights particularly influential and economically important plants from across the plant kingdom Part II Phytochemistry provides fundamentals of secondary metabolism includes line drawings of biosynthetic pathways and chemical structures and describes traditional and modern methods of plant extraction and analysis The last section is devoted to the history of native plants and people and case studies on plants that changed the course of human history from five geographical regions Africa the Americas Asia Europe and Oceania Throughout the entire book vivid color photographs bring science to life capturing the essence of human botanical knowledge and the beauty of the plant kingdom

Tonga Martin Daly, 2009-02-04 Praise for the first edition Tonga is unique among bibliographies in its perception and understanding and in its affection for Tonga and its people Daly's work stands on exceptionally sound foundations His summaries are excellent indeed but Daly writes always with the authority of first hand knowledge with a keen eye for the essential and the ability to interpret and clarify obscurities A trustworthy introduction to Tonga in all its diversity a splendid point de d part for all layman or scholar needing a reliable guide to the essential literature about this remarkable Polynesian kingdom Bulletin of the School of Oriental and African Studies The book is so arranged that it is easy to locate any of the items listed I found myself spending pleasant hours perusing Daly's comments on the different publications I hope the rumor of a second revised edition of this bibliography is true Journal of the Polynesian Society Tonga is a fascinating and subtle combination of a traditional Polynesian kingdom the only one to survive the impact of colonization in the nineteenth century and remain independent and a thoroughly Christian country This comprehensive bibliography is a selective guide to the most significant and accessible English language books papers and articles on every aspect of the kingdom's history culture arts politics environment and economy It is a much updated and expanded edition of the original version that was published in 1999 as part of the World Bibliographical Series with the addition of more than 200 new entries Each of the approximately 600 described and annotated items is organized

under broad subject headings and indexed by author title and subject In addition and new to this edition all known Ph D theses although not annotated are shown within their appropriate subject categories and indexed Also new is a section on the most important Tonga related websites A general introduction describes the Tongan kingdom its history and society and its current situation Tonga A New Bibliography will be an invaluable resource for anyone with a serious interest in Tonga and an indispensable volume for academic libraries reference collections and policy makers focused on the Pacific islands

Legally Stoned: Todd A. Thies, Ph.D.,2010-04-19 This practical guide to psychoactive drugs reveals fourteen legal and accessible paths on your journey to altered consciousness Getting high in one form or another has been a part of human life for thousands of years And while the US government stands in the way of this basic right there are ways around the restrictions With each of the fourteen psychoactive substances detailed in this book you can get high pass a urine drug test and never once break the law Legally Stoned is a practical guide to obtaining and using fourteen mind altering agents that are both legal and easy to acquire It also includes a description and history of each item its chemistry and physiological reactions accounts of its pleasures and perils and any risks associated with it Legally Stoned covers substances such as Amanita muscaria mushroom which induces feelings of euphoria and auditory hallucinations Anadenanthera peregrina colubrina seeds which have been known to cause intense visions of psychedelic light and color Ayahuasca which originated in South America and often produces visual hallucinations that include the jungle exotic animals even ancient native artwork

The Essential Guide to Herbal Safety Simon Y Mills,Kerry Bone,2004-12-23 Winner of American Botanical Council s 2005 James A Duke Botanical Literature Award the Essential Guide to Herbal Safety offers a balanced and objective perspective on the principles of herbal medicine safety as well as the complex challenges relating to self prescribed or professionally prescribed herbal medications and supplements With contributions from leading international practitioners and authorities it contains comprehensive reviews in monograph format of the published safety data for 125 common herbs You ll also find coverage of issues of quality interactions adverse reactions toxicity allergy contact sensitivity and idiosyncratic reactions Provides the most current information on safety issues in herbal medicine Presents authoritative and credible safety information from two experienced herbal practitioners Combines theoretical chapters with 125 well researched monographs making it the most thorough and comprehensive text on the market for herbal safety in practice Provides clear information using the most current evidence based reviews covering factors that influence herb safety including the negative placebo effects nocebo various types of unpredictable effects the basis for interactions between herbs and drugs and quality issues Uses an established grading system for assessing safety in pregnancy and lactation that is realistic and appropriate to herb use Thoroughly critiques the dominant misinformation in the media and medical journals on herb safety issues Contains 83 documented case studies on hepatotoxicity and the effects in relation to kava Kava safety is a hot topic Includes two useful appendices detailing herbal references for pregnancy and lactation considerations

Intellectual Property and Traditional Knowledge in the Global Economy Teshager W. Dagne, 2014-09-04 Arising from recent developments at the international level many developing countries indigenous peoples and local communities are considering using geographical indications GIs to protect traditional knowledge and to promote trade and overall economic development Despite the considerable enthusiasm over GIs in diverse quarters there is an appreciable lack of research on how far and in what context GIs can be used as a protection model for traditional knowledge based resources This book critically examines the potential uses of geographical indications as models for protecting traditional knowledge based products and resources in national and international intellectual property legal frameworks By analysing the reception towards GIs from developing countries and advocates of development in the various legal and non legal regimes including the World Trade Organization World Intellectual Property Organization and the Convention on Biological Diversity and the Food and Agricultural Organization the book evaluates the development potential of GIs in relation to ensuing changes in international intellectual property law in accommodating traditional knowledge Teshager W Dagne argues for a degree of balance in the approach to the implementation of global intellectual property rights in a manner that gives developing countries an opportunity to protect traditional knowledge based products The book will be of great interest and use to scholars and students of intellectual property law public international law traditional knowledge and global governance

Handbook of Psychotropic Herbs Ethan B Russo, Virginia M Tyler, 2015-12-22 Discover herbal alternatives for the treatment of psychological disorders Reliable and fact filled the Handbook of Psychotropic Herbs A Scientific Analysis of Natural Treatments for Psychiatric Conditions offers psychiatrists psychologists counselors physicians and students in these fields a comprehensive review of the history pharmacology chemistry and uses of medicinal herbs A valuable resource for understanding today s unregulated herbal marketplace this essential guide examines such herbs as ginkgo ginseng kava kava linden German chamomile St John s wort and valerian among others The Handbook of Psychotropic Herbs will help you make a well informed decision on what herbal treatments may be effective and safe for patients or for you Figures show that 30 percent of American adults use herbs The Handbook of Psychotropic Herbs investigates the medical value of over 30 well known herbs through in depth evaluations that will give you a fuller understanding of the uses and misuses of these natural remedies This invaluable guide examines the history use and research findings of each herb The Handbook of Psychotropic Herbs lists the effectiveness of each herb guidelines for its use and any precautions you need to be aware of and also includes the author s recommendations on approved dosages Containing cutting edge information about herbal medicine the Handbook of Psychotropic Herbs will assist readers in making intelligent choices about buying and using herbs Some of the herbs discussed in this reliable and fact filled book include California poppy Chinese and American ginseng kava linden German and Roman chamomile St John s wort lavender damiana passion flower plus many more The Handbook of Psychotropic Herbs contains the history use phytochemistry laboratory and clinical studies and consumer and physician

information for each of these widely used herbs This important book will help you better understand the role of plants in human psychopathophysiology and its treatment enlightening you about alternative and proven herbal options for medical care A Behavioral Science Book Club Main Selection **Pacific Worlds** Matt K. Matsuda,2012-01-19 Asia the Pacific Islands and the coasts of the Americas have long been studied separately This essential single volume history of the Pacific traces the global interactions and remarkable peoples that have connected these regions with each other and with Europe and the Indian Ocean for millennia From ancient canoe navigators monumental civilisations pirates and seaborne empires to the rise of nuclear testing and global warming Matt Matsuda ranges across the frontiers of colonial history anthropology and Pacific Rim economics and politics piecing together a history of the region The book identifies and draws together the defining threads and extraordinary personal narratives which have contributed to this history showing how localised contacts and contests have often blossomed into global struggles over colonialism tourism and the rise of Asian economies Drawing on Asian Oceanian European American ancient and modern narratives the author assembles a fascinating Pacific region from a truly global perspective *Living with Drugs* Alessandro Stella,Anne Coppel,2020-11-27 Living with Drugs explores topics surrounding their control use and risk of misuse The conclusions in this book are drawn from the seminar held at the EHES in Paris during the years 2015 2017 It involved anthropologists sociologists historians philosophers economists lawyers doctors psychiatrists health center workers community activists users and former drug users The seminar like the resulting book is based on a transversal approach to disciplines space and time and a confluence of academic practical and experiential knowledge Details the progress of French research and public debates on French and international drug policy Includes the input of human and social sciences and the expertise of health professionals and activists The water, energy and food-security nexus in Asia and the Pacific UNESCO,UNESCO Office Bangkok and Regional Bureau for Education in Asia and the Pacific,UNESCO Office Jakarta and Regional Bureau for Science in Asia and the Pacific,2024-04-24 Food and Agriculture in Papua New Guinea R. Michael Bourke,Tracy Harwood,2009-08-01 Agriculture dominates the rural economy of Papua New Guinea PNG More than five million rural dwellers 80% of the population earn a living from subsistence agriculture and selling crops in domestic and international markets Many aspects of agriculture in PNG are described in this data rich book Topics include agricultural environments in which crops are grown production of food crops cash crops and animals land use soils demography migration the macro economic environment gender issues governance of agricultural institutions and transport The history of agriculture over the 50 000 years that PNG has been occupied by humans is summarised Much of the information presented is not readily available within PNG The book contains results of many new analyses including a food budget for the entire nation The text is supported by 165 tables and 215 maps and figures Reppin' Keith L. Camacho,2021-05-27 Explores the critical insights and creative energies of Pacific Islander youth From hip hop artists in the Marshall Islands to innovative multimedia producers in Vanuatu to racial justice writers in Utah Pacific

Islander youth are using radical expression to transform their communities Exploring multiple perspectives about Pacific Islander youth cultures in such locations as Aotearoa New Zealand Australia Hawai i and Tonga this cross disciplinary volume foregrounds social justice methodologies and programs that confront the ongoing legacies of colonization incarceration and militarization The ten essays in this collection also highlight the ways in which youth throughout Oceania and the diaspora have embraced digital technologies to communicate across national boundaries mobilize sites of political resistance and remix popular media By centering Indigenous peoples creativity and self determination Reppin vividly illuminates the dynamic power of Pacific Islander youth to reshape the present and future of settler cities and other urban spaces in Oceania and beyond

Melanesian Mainstream Sebastian T. Ellerich,2024-01-05 Citizens of Vanuatu ni Vanuatu perceive stringband music as a marker of national identity an indicator of their cultural stylistic and musical heritage Through extensive field and ethnographic research Melanesian Mainstream offers a detailed historical record of the roots context evolution and impact of stringband music Beyond chronicling the genre s history and cultural significance this thorough monograph positions the genre s musical hybridity communal lyrics and unique organizational structures as key factors in the anthropological understanding of ni Vanuatu socio cultural history

Effects of Psychoactive Chemicals on Commercial Driver Health and Performance: Stimulants, Hypnotics, Nutritional, and Other Supplements Gerald P Krueger,Howard M Leaman,Gene Bergoffen,Daniel C Murray,Racquel Pickett,2011 TRB s Commercial Truck and Bus Safety Synthesis Program CTBSSP Synthesis 19 Effects of Psychoactive Chemicals on Commercial Driver Health and Performance Stimulants Hypnotics Nutritional and Other Supplements identifies available information and research gaps relating to the use of chemical substances by commercial drivers and is intended to provide up to date information to inform decision makers about the near mid and long range planning needs for research and educational outreach programs

Psychoactive Herbs in Veterinary Behavior Medicine Stefanie Schwartz,2008-01-09 The phenomenal growth of public interest in alternatives to Western treatments for human disease has spilled over into veterinary medicine Many holistic veterinarians and pet owners are now interested in using alternative remedies to solve health problems with their pets Psychoactive Herbs in Veterinary Behavior Medicine is the first text on psychoactive herbal remedies for the treatment of behavior problems in small animals Psychoactive Herbs in Veterinary Behavior Medicine is an important guide for board certified veterinary behaviorists as well as veterinarians and veterinary students with a particular interest in behavior medicine In addition pet owners interested in alternative medicine for their misbehaving pets can use this well rounded work to make informed decisions on the use of over the counter remedies

The Routledge Handbook of Mormonism and Gender Taylor Petrey,Amy Hoyt,2020-04-30 The Routledge Handbook of Mormonism and Gender is an outstanding reference source to this controversial subject area Since its founding in 1830 the Church of Jesus Christ of Latter day Saints has engaged gender in surprising ways LDS practice of polygamy in the nineteenth century both fueled rhetoric of patriarchal rule as well as gave

polygamous wives greater autonomy than their monogamous peers The tensions over women's autonomy continued after polygamy was abandoned and defined much of the twentieth century In the 1970s 1990s and 2010s Mormon feminists came into direct confrontation with the male Mormon hierarchy These public clashes produced some reforms but fell short of accomplishing full equality LGBT Mormons have a similar history These movements are part of the larger story of how Mormonism has managed changing gender norms in a global context Comprising over forty chapters by a team of international contributors the Handbook is divided into four parts Methodological issues Historical approaches Social scientific approaches Theological approaches These sections examine central issues debates and problems including agency feminism sexuality and sexual ethics masculinity queer studies plural marriage homosexuality race scripture gender and the priesthood the family sexual violence and identity The Routledge Handbook of Mormonism and Gender is essential reading for students and researchers in religious studies gender studies and women's studies The Handbook will also be very useful for those in related fields such as cultural studies politics anthropology and sociology

Household Vulnerability and Resilience to Economic Shocks Simon Feeny, 2016-07-22 Focusing on the vulnerability and resilience to economic shocks at the household level this book draws on extensive research activities carried out in two Melanesia countries the Solomon Islands and Vanuatu In particular it identifies the household impacts of the recent food fuel and economic crises The contributors also examine resilience by identifying how households responded to these recent economic events in order to cope with their impacts Findings indicate that households are vulnerable to a range of shocks and often struggle to cope with their impacts Shocks are making it harder for households to meet their basic needs Households in Melanesia are facing increasing demands for money in particular for school fees basic foodstuffs and customary obligations Concurrently there are limited domestic opportunities for formal employment Traditional social support networks are strong and are an important form of resilience However there is evidence that they are disintegrating Of particular focus are the gendered impacts Women are found to bear a disproportionate share of the burden in adjusting to household shocks The authors highlight key areas in which public policy and development programmes can reduce household vulnerability and increase their resilience to future economic shocks

Identity, Belonging and Human Rights: A Multi-Disciplinary Perspective Nasia Hadjigeorgiou, 2019-01-04 This volume was first published by Inter Disciplinary Press in 2016 This edited volume explores the concepts of identity and belonging by bringing together both chapters that engage with the two terms on a theoretical and a more practical level The theoretical chapters found in Part I of the volume explore dilemmas and difficult questions that have to do with identity and belonging while the more practical contributions found in Part II of the volume discuss the effects of identity and belonging in our everyday lives The final chapters found in Part III seek to take the discussion on identity and belonging further and explore how these twin concepts relate to and can be seen through the prism of human rights

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