

Kratom

Description

Kratom

Kratom is a plant that has three main types- white vein, red vein, green vein. It relieves pain by activating the opiate receptors like opiates & opioids do. It doesn't appear to cause respiratory depression like the opiates, but causes tolerance & addiction like the opiates.

Kratom can also reduce anxiety, increase mood & increase energy.

Red kratom helps pain & sleep the most. The red maeng da strain may be the strongest against pain at this time.

White kratom helps mood & energy the most.

Green kratom strains can have some of both.

Yellow kratom is white processed in a way that makes the effects long lasting.

Within each color strain are variants that can have almost every combination of strength in mood, energy, painkilling, sedation & anxiety relief.

Some kratom strains can have very little opiate effect & may be less addicting. Some can increase concentration & focus in small (micro) doses.

draxe.com/nutrition/kratom

kratom.org/strains/

kratomaton.com/blog/taking-kratom-for-the-first-time-a-beginners-guide/

Category

1. Uncategorized

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