

## Instructions + Documents

Always reference the notion board for which article is needs to be posted. Review the SEO spreadsheet for keyterms to ensure we're staying aligned with what we're wanting to rank for - for example, what we want to optimize first is the local market in Monroe, LA. Then we're also building the online platform as well so we're creating a web effect.

1. [Visbar SEO Spreadsheet](#)
2. [Notion Blog Board](#)
3. [Local Attraction Blogs](#)

### Blog 58: 5 Best High-Protein Vegan Smoothies for Post-Workout Recovery

I went a bit crazy with my workout at the weekend. I had some time off from my kava bar in Monroe, Louisiana and I decided to do some extra work at Planet Fitness. Wrist curls and extra bicep curls, that sort of thing.

I enjoyed the workout and had the energy for it, but by the time I got home, my entire body went into a slump. The next day, it felt like I was recovering from an illness, not a workout.

Lesson learned the hard way 🤔

But it did get me thinking about some **smoothies for post-workout recovery**; about the best way for my body to recover after being depleted of glycogen (energy).

It was time to up my game.

So I got researching.

I didn't want any old smoothie. I wanted the **best smoothies**. Smoothies I could sell at my kava bar in Monroe, Louisiana.

After some hours hitting the books, I found five vegan-friendly smoothies loaded with clean, plant-based ingredients to flood your body with protein, vitamins, minerals, and antioxidants.

Let's jump in!

## 1. Peanut Butter Cup Recovery Smoothie

*Chocolate + peanut butter bliss to reward your muscles.*

This **smoothie for post-workout recovery** tastes like a sad trip to the dentist, yet it's packed with healthy stuff.

It blends banana, natural peanut butter, and a scoop of chocolate protein powder for a creamy "peanut butter cup" flavor.

Extra tip: Use [LivePure's Protein Nutrition Shake](#) – Chocolate as the protein base adds 19g of high-quality protein plus 25 organic vitamins and minerals. All with no added sugar or artificial junk!!

Just toss the ingredients in a blender with almond milk and ice, and in seconds you have a dessert-like shake that *a/so* helps your body bounce back after exercise.

So what are the health benefits?

## Muscle Repair

Each serving provides ~25 g of protein to jump-start muscle protein synthesis, giving your muscles the amino acids they need to repair from muscle fatigue.

The LivePure chocolate shake powder alone delivers 19 g protein and all essential amino acids (including leucine to trigger muscle-building) to *support muscle repair and maintenance*.

## Refuel Glycogen

The banana offers natural sugars and carbs to get those glycogen back in your muscles.

Pairing carbs with protein post-workout is the secret trick by the way.

One study found that adding caffeine (say, a shot of espresso) to a carb drink resulted in [66% faster glycogen refueling](#).

So feel free to toss in some cold brew coffee for a mocha twist and extra refuel power.

(Shameless plug...we sell coffee in our kava bar in Monroe, Louisiana!)

## Anti-Inflammatory Boost

Cocoa powder (from the chocolate protein smoothie) and peanuts are rich in polyphenols that act as antioxidants.

These help combat exercise-induced oxidative stress, so you can stand up from a chair after hitting the squat rack all day.

If you sprinkle a bit of cinnamon in, you get an extra anti-inflammatory kick – daily ginger or spice intake has been shown to [cut post-exercise muscle pain by ~25%](#).

So yeah, this tasty shake satisfies your sweet tooth and *primes your body for faster recovery*.

## 2. Tropical Green Recovery Smoothie

*Green power with a tropical twist (don't worry, it tastes way better than it looks!).*

This **smoothie for post-workout recovery** mixes leafy greens with fruit to flood your system with nutrients.

A handful of spinach or kale provides iron, calcium, and magnesium, while pineapple and mango add sweetness (and a big dose of vitamin C).

For a true protein smoothie, a scoop of LivePure's Vegan Protein Nutrition Shake – Vanilla disappears into the mix, contributing **20g of plant-based protein** from pea, rice, and mung beans.

It's 100% plant-derived and even its vitamins come from organic veggies and superfoods like carrot, broccoli, mushrooms, etc.

(This is a great start to the complete superfoods ingredients list)

Blending these clean ingredients with coconut water (for electrolytes) creates a light, refreshing green smoothie your muscles will appreciate.

Anti-Inflammatory Hero

Thanks to ginger and turmeric, this smoothie for post workout recovery is a **DOMS** (delayed onset muscle soreness) defender.

Ginger reduces post-workout muscle pain and inflammation, and curcumin in turmeric likely helps attenuate muscle soreness by blunting the inflammatory response to exercise.

Together with the bromelain enzyme in pineapple (known to reduce swelling), this blend is like an edible ice-pack for sore muscles.

In fact, ginger and turmeric are great for recovering from illnesses, not just workouts.

Here's an article from the [National Library of Medicine](#) that shows just how powerful ginger and turmeric can be!

### Hydration & Electrolytes

Coconut water is a natural source of electrolytes like potassium and magnesium, which are lost in sweat. It helps rehydrate you and prevent cramps.

The banana (if you add one here for creaminess) also adds potassium to support muscle function and fluid balance.

### Micronutrient-Rich

The spinach/kale provides vitamins **A, C, and K** (important for tissue repair from muscle fatigue, collagen formation, and bone health), while mango and pineapple add an extra burst of vitamin C.

All these vitamins and antioxidants mop up free radicals produced during exercise, aiding muscle recovery.

Plus, the LivePure vanilla protein brings a spectrum of minerals and B-vitamins from its superfood complete blend, making this green smoothie a **nutrient powerhouse** for overall recovery and immunity.

### 3. Berry Blast Recovery Smoothie

*Antioxidant overload in a berry-delicious package.*

If you love berries, this one's for you. Blend up a mix of blueberries, strawberries, and raspberries with a scoop of vanilla plant protein and almond milk, and you've got a sweet-tart smoothie for post-workout recovery that's as good for you as it tastes.

("That's too many berries, bro")

Trust me! The health benefits are inside.

The deep red and blue colors are a clue to the **antioxidant punch** inside – berries are loaded with anthocyanins and vitamin C.

Using the [LivePure Vegan Protein Shake – Vanilla](#) keeps the flavor neutral so the berry brightness shines, while still sneaking in 20 g of protein for repair from muscle fatigue.

I also like to toss in a tablespoon of ground flax or chia seeds for omega-3 fats, which further tame inflammation.

This Berry Blast is simple, light, and is powerful at helping your body recover.

#### Muscle Repair

Don't let the fruity flavor fool you – this smoothie post-workout recovery has serious protein. With the added vanilla protein powder, you get ~20+ g protein, providing essential amino acids to rebuild torn muscle fibers.

That protein-carbohydrate combo (plant protein + berry carbs) helps maximize muscle glycogen restoration and growth. It's the ideal one-two punch your muscles need post-workout.

## Vitamin C Boost

Berries are rich in vitamin C, which not only supports your immune system but also plays a role in collagen formation – important for repairing connective tissues and tendons.

One serving of strawberries can provide over 100% of your daily vitamin C. This high vitamin C content, along with vitamin K found in blueberries, makes the Berry Blast smoothie great for overall post-workout recovery and reducing inflammation.

Plus, it's absolutely loaded with flavor – a recovery supplement you'll actually look forward to!

## 4. Cherry Chocolate Recovery Shake

*Tart cherries meet chocolate – a recovery match made in heaven.*

This rich, ruby-colored shake is specifically designed to crush post-workout soreness.

We blend frozen tart cherries (or tart cherry juice), cacao or dark chocolate, banana, and almond milk. At our the kava bar in Monroe, Louisiana, we are considering incorporating this blend into our own recovery supplements!

To up the muscle-rebuilding ante, add a scoop of [GPS Rebuild – Chocolate from LivePure](#). This specialized post-workout blend packs 20 g protein plus 2 g of creatine monohydrate per serving.

Creatine is a well-researched supplement for improving muscle recovery and strength gains, and here it's conveniently built into a chocolate plant-protein smoothie.

The result is a delicious black-forest-esque smoothie for post-workout recovery that loads your body with natural anti-inflammatories (from cherries and cocoa) *and* advanced recovery supplements.

It's an ideal shake to drink within 30-60 minutes after a hard training session, when your muscles are most in need of replenishment

### Soreness Reduction

Tart cherries is one of the best recovery supplements you could have. They are rich in anthocyanins and have been shown to **lessen muscle pain and accelerate strength recovery** after exercise.

Research on tart cherry juice finds that it decreases post-workout soreness and markers of inflammation in both strength and endurance athletes.

In this smoothie for post-workout recovery, the tart cherries give a tangy sweetness and act as a natural analgesic for your achy muscles.

### Creatine-Enhanced Recovery

LivePure's GPS Rebuild powder turns this shake into a potent recovery drink. The added creatine (2 g) helps replenish your muscles' phosphocreatine stores, which improves strength, recovery and promotes gains in muscle mass when used consistently.

Creatine, combined with the fast-digesting protein smoothie, means your muscles get the critical building blocks and energy compounds they need right after exercise.

This can translate to **less soreness and faster readiness for your next workout.**



(Bonus: If you're doing heavy lifting or HIIT, creatine also supports better performance in later sessions.)

## Vitamins & Minerals

This shake offers a good dose of vitamins C and E – cherry is high in vitamin C, and if you include a spoon of almond butter or almond milk, you add vitamin E and magnesium.

These nutrients are up there as the best recovery supplements: vitamin C aids in repairing connective tissue, and vitamin E works as an antioxidant to reduce oxidative muscle damage. Magnesium helps relax muscles to prevent cramps.

All together, the cherry-chocolate combo is *indulgent* and soothing, helping you get the complete superfoods ingredients list.

Trust us, your taste buds and your muscles will thank you for this one!

## 5. Mango Turmeric Recovery Smoothie

*A golden-hued, tropical smoothie for post-workout recovery that fights inflammation.*

This sunny blend combines juicy mango, pineapple, and a pinch of turmeric and ginger – it's basically a vacation in a glass, with serious healing benefits.

The sweetness of the mango and pineapple completely masks the earthiness of turmeric, so you get the anti-inflammatory perks without a strong taste.

Both fruits are vitamin powerhouses (huge vitamin C, plus provitamin A from mango), which support immune function and tissue repair.

For protein smoothies, we mix in the LivePure **Vegan Vanilla** powder again or your favorite plant protein – it hides right behind the bold tropical flavors.

The result is a smooth, creamy drink (especially if you use coconut milk or almond milk as the base) that's easy on the palate and excellent for recovery.

### Inflammation Tamer

This smoothie for post-workout recovery is built around two of nature's most potent anti-inflammatories: turmeric and ginger.

I won't go too much into detail here since we've covered this, but yeah, by including both, this blend is like a natural anti-inflammatory shake.

### Rich in Vitamin C and A

One serving of this smoothie for post-workout recovery packs a serious vitamin punch.

Mango and pineapple together can easily provide over 100% of your daily vitamin C, which is crucial for collagen synthesis (repairing tendons and ligaments) and countering oxidative stress from exercise.

Mangoes also supply vitamin A (as beta-carotene), supporting immune health and cell growth.

These vitamins expedite the healing of micro-tears in muscle fibers and strengthen your body's overall recovery, making them top contenders as the best recovery supplements.

## Muscle Recovery and Immunity

The 20+ grams of plant protein from the added vanilla protein powder makes it so your muscles get fed with amino acids for rebuilding.

Meanwhile, the abundance of antioxidants from the tropical fruit (mango contains various carotenoids, pineapple has vitamin C and manganese) reduces muscle damage.

This combo supports keeps your immune system strong – important because heavy training can temporarily suppress immunity. And no one wants to get sick during a workout!

In short, the Mango Turmeric smoothie is **extra kind to your body**, reducing inflammation while nourishing you with the raw materials to recover fully.

## Visit Our Kava Bar In Monroe, Louisiana for Your Post-Workout Recovery

Hoped you enjoyed our article on the **best smoothies for post-workout recovery!**

At our kava bar in Monroe, Louisiana, we don't just sell kava and coffee. We're becoming a hot spot for fitness enthusiasts who need a place to take the edge off.

We sell a vast variety of health and wellness drinks, so you can let your body rest while enjoying the chill vibes.

If you've got work to do, we have cozy corners for you to focus while drinking a smoothie, kava, tea etc – whatever gets you focused and healed. This is the place to do it.

And if you don't live in Monroe, Louisiana, [follow us on Instagram](#) and you can get some ideas for health and wellness drinks to make at home!

Until next time,

Bula 🍹

## Blog 57: Top 10 Kava Drinks to Replace Alcohol

Folks, put down the Yogi tea kava! In this article, I'm breaking down the kava drinks that will *actually* replace alcohol by making you feel something – no caffeine, weed, or alcohol alternatives necessary.

Why? Well, most drinks on the market either hype you up (like Red Bull) or knock you out (like beer).

These **non-alcoholic drinks**, on the other hand, hit different.

They make you feel relaxed but awake; chill but not sloppy.

That's why brands like Leilo and Mitra-9 are blowing up – they're giving people a legal, social way to unwind that you can sip at work if you want.

With that said, let's jump in with the top 10 **kava drinks to replace alcohol**.

Leilo

If you're looking for legit alcohol alternatives, [Leilo](#) is a great place to start.

It tastes like a smoother White Claw – fruity, light, and just enough fizz to feel festive.

The vibe is pure daytime chill: something you could drink at a beach party or a work event without looking like you're trying too hard.

What makes it legit? Well, you actually feel calmer after one or two cans – not fake "relaxed" like most CBD drinks. This makes it the perfect kava to replace alcohol.

## Mitra-9

[Mitra-9](#) leans a little heavier into the craft cocktail lane. Their flavors, like coconut lychee, are richer and a bit more indulgent, like a dessert you can sip.

It's perfect for after-work hangs when you want that "winding down" buzz without reaching for a beer. So if that's how you like to drink booze, then this kava drink will naturally replace alcohol for this part of your day.

And again, no placebo here – Mitra-9 hits you with a mellow but real kava feeling.

## Botanical Brewing Co.

[Botanical Brewing Co.](#) is for the people who actually *like* tasting the earthiness of kava.

Their drinks don't hide it. They embrace the funky, peppery notes.

It feels way more traditional, like something you'd sip at a slow, vibey kava bar with acoustic music in the background (for example, like our kava bar in Monroe, Louisiana 😊)

If you want something authentic, not sugary, this is it.

## Kalm with Kava

Now if you want to go fully traditional, [Kalm with Kava](#) is the real deal.

It's bitter, it's numbing, and it tastes like the Pacific Islands...because that's where it's from. So think of it as a bit of a ritual-type kava drink, instead of kava that replaces alcohol.

You're not sipping it at brunch. You're gathering around a bonfire with it, swapping stories and melting into your chair.

## Fiji Vanua

[Fiji Vanua](#) is even heavier. The taste is strong, like black tea with a bit of a kick, and it's not something you drink if you want to stay energetic.

This stuff is night-night material for sure, making it the perfect choice for when you want to fully crash after a long, brutal day.

So, if you like night caps, this is a kava drink that truly replaces alcohol for that heavy-hitting vibe.

## Bula Kava House

[Bula Kava House](#) hits a nice middle ground as a drink to replace alcohol.

Their kava is still very traditional, but a bit smoother and easier for newer drinkers to handle.

Basically, you could bring this to a chill house party and not weird people out.

## Happy Kava Brand

[Happy Kava Brand](#) is all about accessibility.

It's milder and perfect if you're new to bitter-muddy flavors ("Are there worms in there?" ahh)

However, it's got more of a coffee shop vibe than a party vibe. So think less alcohol alternative, and more coffee alternative.

But vibe or not, the buzz is still kicking with this kava drink, and makes a great replacement for alcohol.

## Kavafield

Meanwhile, [Kavafied](#) isn't even selling you a pre-made drink. They're selling you the best way to *make* kava without the mess.

They invented the AluBall, basically the kava drinker's equivalent of a French press. It's perfect if you want to host low-key "kava nights" at home with friends.

(If you have a bar at home, and you're serving non-alcoholic drinks, this accessory would go nicely with your shakers!)

Regardless, making kava is a pain in the ass wrist and since the best way to make kava is through grit and grace, this tool might come in handy.

## Kava Haven

[Kava Haven](#) is doing something a bit wild and long in waiting: non-alcoholic kava *spirits*.

They taste like actual cocktails (lemon drops, ginger mules) but all the relaxation comes from the kava, not the booze. These are killer at parties if you want to fit in without drinking.

## Kava Bar in Monroe, Louisiana

If you're looking for kava drinks to replace alcohol, what better way to do it than to visit a kava bar, like ours in Monroe, Louisiana?

Not only will you be ticking off that whole Third Place vibe (think Cheers or How I Met Your Mother), you'll be having a non-alcoholic drink that actually gives you a drunk-like feel, without losing your senses...or your keys.

Then, after a day/night of drinking kava, what better way to start your day...sober!

But I get it, not everyone lives in Monroe, Louisiana (though they should; it's the best place in America)

So instead, please [follow us for more fun kava things](#).

We consider ourselves the loremasters of kava and if you like kava, we would be happy to bestow this knowledge upon you.

Until next time,

Bula 🤓



## Blog 56: The Strongest Kava You Can Buy Online in 2025

“Damn! This kava is strong!” my customer says to me and I’m looking at him like “bro 🙄...you haven’t even tasted the strong stuff yet!”

I’m willing to bet 99% of folk haven’t tasted the **strongest kava you can buy**. Instead, they buy cheap, low-dosaged kava brands like Yogi tea, which are branded as “safe” because of politics, but are by no means the strongest kava dosage.

(FYI, all kava is safe, even the strongest kava dosage out there!)

So in this guide, we'll explore the strongest kava you can buy, the science behind its potency, how to buy kava safely, and where to experience the real thing (like our **kava bar in Monroe, Louisiana**).

### What Makes the Strongest Kava You Can Buy?

The strongest kava you can buy is typically defined by its chemotype (kavalactone makeup), origin, and processing method.

In your search to **buy kava** that delivers deep, euphoric effects, keep an eye out for noble varieties with high kavalactone content.

To know what gives a kava its punch, you have to look at the **kava with highest kavalactone** concentration.

Kavalactones are the active compounds in kava, and certain strains offer a more euphoric or sedating experience depending on their mix.

Now if you're talking about the heavy hitters - **strongest noble kava** varieties are grown in regions like Vanuatu and Fiji. With this kava, the roots are deep and the vibes are strong.

Traditional kava drinkers drink this stuff and are sold by legit vendors online who let you buy kava directly from the source.

And yeah, that matters when choosing the strongest kava you can buy. It's the difference between a light, social buzz and a heavy, couch-lock-style relaxation.

## Tudei vs Noble Kava Strength: Which One Is Truly Stronger?

One of the most common questions in the kava world is: "*What's the **strongest kava you can buy** — **tudei or noble**?*" It's a big one in **kava culture**, and for good reason.

**Tudei kava** usually has higher kavalactone levels, but it's not all good news—it can hit hard, last longer than expected, and leave you feeling groggy or even nauseous the next day. **Noble kava**, by contrast, delivers a smoother, cleaner buzz that's easier to enjoy. So even if **tudei** seems stronger on paper, the **strongest noble kava** is what most seasoned drinkers reach for.

When you **buy kava** online, you'll notice more and more vendors clearly marking whether it's **noble** or **tudei**. Stick with **noble** if you want the **best kava for euphoria**, with a balanced effect and no "kava hangover."

At the end of the day, the **strongest kava you can buy** isn't just about raw kavalactone numbers—it's about the overall feel. And for most, **noble** gives the right kind of lift.

If you're looking for the real deal, try a **kava bar in Monroe, Louisiana**, or order some heavy kava for deep relaxation from a trusted source online.

## The Best Kava for Euphoria: What to Look For

If your goal is to chase that mellow, feel-good buzz, then you're in the market for the **best kava for euphoria**.

But I have a secret I want to share with you today: the **strongest kava you can buy** doesn't always deliver the best euphoric effects 😬

Euphoric **kava** usually comes from Vanuatu or Fiji, with specific chemotypes known for boosting mood and easing social anxiety.

These strains tend to be **heavy kava for deep relaxation**, perfect for winding down or hanging out at your local **kava bars (like ours in Monroe, Louisiana!!)**

The trick is to go for strong but balanced blends—the **strongest noble kava** often hits that sweet spot.

Look for options with clear **kavalactone** breakdowns, aiming for a high 2-4-6 ratio.

## Safe Strongest Kava Dosage: Don't Overdo It

Kava is arguably the safest alcohol alternative on the market, but even when you **buy kava** from a solid vendor, too much can kill the vibe.

A good place to start is 5–10 grams of root powder if you're drinking traditional prep.

For instant or micronized **kava**, follow the label—just keep it light until you know how it hits. Even the **strongest noble kava** can cause drowsiness or stomach issues if you go overboard.

If you're at a **kava bar in Monroe, Louisiana**, ask one of my bartenders and they'll help you by pouring a decent amount.

But if you're chasing the **strongest kava you can buy** online, make sure it's third-party tested, with full **kavalactone** details listed.

Safe strength is what keeps the experience enjoyable long-term.

## Kava Culture in Monroe, Louisiana: Experience Real Strength Locally

Want to actually *feel* the **strongest kava you can buy** and not just read about it?

Come visit our **kava bar in Monroe, Louisiana**. Visbar is where **kava culture** lives; where we've made it the go-to for serious kava fans, business owners, students; hardworkers looking to relax.

You won't get this experience from an online checkout page.

We have **strongest kava you can buy** while you drink with good, hardworking folks from Louisiana!

## Final Thoughts: Which Strong Kava Should You Buy First?

Finding the **strongest kava you can buy** depends on a few things:

- Noble vs tudei (go **noble** for clean, safe effects)
- High **kavalactone** content (especially 2-4-6 blends)
- Where it's grown, and who's selling it
- How it's prepared—and how much you take

Whether you're new to **kava** or a longtime sipper, start with the **best kava for euphoria** and build from there.

A single shell of well-prepared **strongest noble kava** can outshine a whole bowl of lower-quality stuff.

If you have any more questions, message us on [Instagram](#) and Wally or I will be more than happy to answer any of your questions.

Cheers to calm vibes and good shells ☕

## Blog 55: Why Is New York Afraid of Kava Lounges?

[Sacred Root Kava Lounge](#) in Ithaca, NY, was forced to stop selling kava because of a New York State Department of Health regulation.

Their argument (which was weak) was based on FDA findings that kava isn't an approved food additive and may pose liver risks.

The decision left the owner Paul Galgoczy with 30 days to overhaul his **entire** business.

The kava lounge had to quickly rebrand as The Nocturnal Café, swapping kava for CBD drinks, teas, mocktails, and coffee.

Now, for the average reader, you might regard this as a piece of legislation designed to protect the general public.

But what if I told you the FDA findings for this ban are completely uncalled for?

And instead of trying to protect the American people, the US government is seeking to ban an **alcohol alternative** that does wonders for people?

Keep reading, and you'll see how eager certain institutions are to ruin more kava lounges, and therefore, the **kava culture** in general – which promotes alcohol alternatives.

## What is Kava?

Kava is a drink made from the root of the Piper methysticum plant, native to the South Pacific. It's been used for centuries in places like Fiji, Vanuatu, and Hawaii for ceremonies and social relaxation.

The root is ground up and mixed with cold water—no alcohol, no heat. The result is a muddy-looking drink that tastes earthy and numbs your mouth a bit.

It acts as a natural relaxant, promoting calm without impairing judgment. Think of it like herbal Xanax without the hangover.

It's a **non-alcoholic drink** that's making waves across the US, with many **kava lounges**, like our kava bar in Monroe, Louisiana, opening up to the general public.

However, the **kava culture** and businesses have faced huge hurdles from both the government, the alcohol industry, and the pharmaceutical industry.

Let's take New York as a prime example:

## Why Is New York Afraid of Kava Lounges?

Okay, time to lay out all the facts:

The FDA's main issue with kava and **kava lounges** comes from a 2002 advisory and a 2020 toxicology memo.

They cite potential liver damage--specifically hepatotoxicity--as the reason kava isn't "generally recognized as safe" (GRAS) for food or beverage use.

Here's the nuance though:

- Most reported liver issues were tied to concentrated extracts, not traditional water-based kava brews.
- Pacific Island populations have used kava for centuries with very few adverse effects, but they use the whole root and don't mix it with alcohol or other meds.
- Several countries banned kava in the early 2000s but later reversed course or relaxed laws after reviewing updated research.
- Hawai'i and Germany, for instance, have pushed back, recognizing traditional kava as generally safe in moderation.
- Alcohol is far more damaging to the liver than this **non-alcoholic drink**, and yet people put alcohol in food all the time.
- No one has actually died of kava. In comparison, alcohol causes about 2.6 million deaths annually, accounting for 4.7% of all global deaths ([World Health Organization](#))

So the owner of Sacred Root **Kava Lounge**, Paul Galgoczy, is right to argue for undoing the ban. The state failed to distinguish between traditional kava prep and concentrated supplements.

Galgoczy is now lobbying for regulatory change, backed by over 1,000 petition signatures and support from local officials. There has been huge support among the kava community to stop both federal and state governments from banning kava.

But it's an uphill battle...

## The Politics of Kava Lounges

The attack on kava is a political attack, based solely because it's a legit alternative to alcohol and certain anti-anxiety medications.

Turns out, when you create a **kava lounge**, you open yourself up to bureaucratic attacks from the government who see this as a threat to the profit margins of the alcohol and the pharmaceutical industry.

This isn't tin-foiled hat stuff.

The U.S. pharmaceutical industry contributes about [1.6% of the nation's GDP](#).

In 2024, the U.S. alcoholic beverages market was valued at approximately **\$543 billion**, contributing around [2% of the nation's GDP](#).

That's 3.6% of the US economy...equating to \$1 trillion tied up in industries that profit from substances with well-known health risks... yet kava, a chill root tea with a better safety record, *gets the boot?*



So it's no surprise that kava bars like Visbar in Monroe, Louisiana, are now facing backlash too. Just a few months ago, Wally and Phung had to head over to the local parish to fight for undoing a ban on kratom, another **alcohol alternative** that ruins profit margins.

So, how can you support the kava culture?

## Head Over To Your Local Kava Lounge

To support the **kava culture** and protect local businesses, head over to your local **kava lounge**, drink kava and spread the word!

Talk to your mom, your dad, your best friend, your football coach, that girl/guy you like – anyone! Participate in political movements to fight for **non-alcoholic drinks** and support local events organized by business owners.

And if you live in Monroe, Louisiana, come visit our kava bar and be part of the **non-alcoholic drink** movement.

Power to the people 🙌

## Blog 54: Downtown RiverMarket

## Blog 53: Why Kava is Your Social Anxiety Solution

My customer cringed as he retells his college date story:

“I get **social anxiety** super easily. We didn’t have **kava** back in college, so we’d just down IPAs and shots of tequila. Anyway, I’m on a date with a girl, and I keep drinking, because I can’t stop feeling nervous.

But after like 2 hours in, I start to feel a ‘release’ type feeling in my pants.

I kid you not, a wet patch emerges and I run into the bathroom with my hand on my crotch...you know, to try and stop the flow. But at that point, it’s too late. I’m thinking...the worst date of my life...and the worst drinking experience I’ve ever had. I can’t tell anyone this.”

This is just one of many stories I hear in my **kava bar in Monroe, Louisiana**. And a good 60% are always related to drinking too much and **social anxiety**.

The formula is: Super nervous in social situations + drink too much to be less nervous = embarrassing moment created

But folks who are sick of feeling nervous come to try out this “mysterious” anti-anxiety potion called kava, and their eyes are opened to the kava culture, where folks are chilling, working, vibing – not puking, feeling ashamed, or feeling immense social anxiety and using alcohol as the solution.

In a groundbreaking study by the [World Health Organization](#), kava has shown to help generalized anxiety disorder (GAD). For example, a study found that 17.4% of participants taking kava achieved remission, compared to 6.3% on a placebo.

Kava, therefore, has become the **best alcohol alternative** for folks who cringe, cry, or close themselves off from the outside world.

Does kava work for social anxiety?

Before my **kava bar**, I used to run events at cafe bars in Florida (particularly the 1-min business pitch events). Anyone – any gender or ethnicity – clammed up, stuttered, or slurred their words.

**Social anxiety** is super common and nothing to be embarrassed about.

In fact, [7% of the U.S. population](#) suffer from social anxiety. And yet too few know about natural remedies (like kava) to treat social anxiety.

(There's a political reason for this, which I'll explore in detail later on)

But for now, I'll say this: YES! Kava can treat your social anxiety.

How much kava for social anxiety?

According to UCLA Health, daily doses range from [60 mg to 280 mg of kavalactones](#) to reduce your **social anxiety**.

Lower doses (around 60–120 mg) may be enough if you're just looking to take the edge off before a social event.

Higher doses (up to 280 mg) are usually found in clinical trials and may work better for folks with more strong anxiety i.e. you can't even leave your house without building up a sweat.

My advice: Come visit my **kava bar in Monroe, Louisiana**, and I'll sell you enough kava to test it out for yourself!

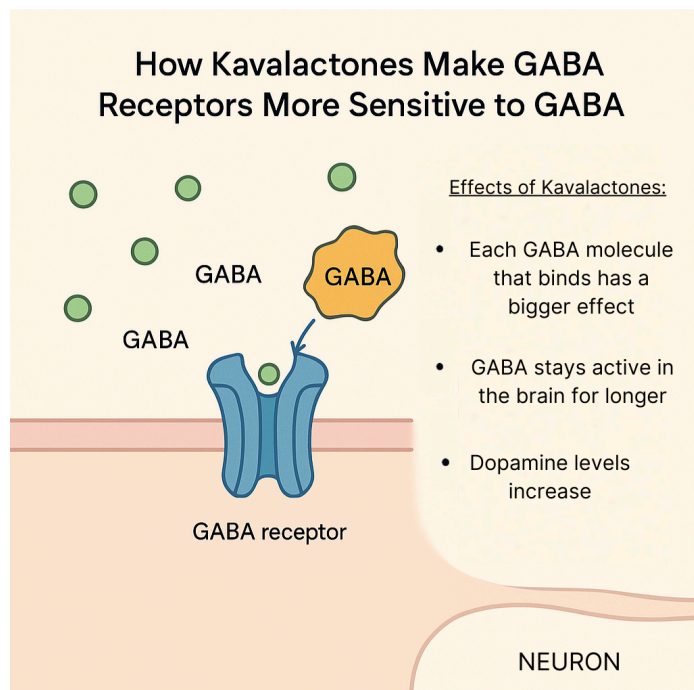
But full disclaimer: I'm your bartender, not your doctor 😊

## The Science Behind Social Anxiety & Kava

**Kava drinks** relieve **social anxiety** by enhancing the effects of GABA, the brain's primary calming neurotransmitter. This basically explains why it reduces social anxiety.

The active compounds in kava, called kavalactones, make GABA receptors more sensitive to the GABA already floating around in the brain.

Levels of dopamine (the "feel good chemical") also increase, helping social anxiety melt away.



By increasing GABA activity indirectly (instead of directly like alcohol or benzodiazepines), kava helps quiet racing thoughts and promote relaxation without causing mental fog or drowsiness.

In fact, [some studies](#) have found that kava is as effective as prescription drugs at treating anxiety, without the common side effects of those drugs like dizziness, nausea, and headaches.

It is a natural, non-addictive way to feel calm, confident, and engaged in social situations.

For that reason, kava is the **best alcohol alternative** you can ever drink 🥥

## Kava Culture & Social Anxiety

You know how your mom always told you “you won’t meet your significant other at a bar, you’ll meet them at a library”?

Here’s the plot twist: You might meet them at a **kava bar!**

Kava bars are becoming increasingly popular for those looking for a more laid-back and meaningful social experience. They’re the perfect place to take a first date, without drunken mistakes like p\*ssing yourself on your first date 😬 (see article intro)

Here’s the thing tho: **kava drinks** are such a great alcohol alternative, both alcohol industry and the pharmaceutical industry are actively trying to limit info on kava or studies related to kava.

Even AI holds bias against kava, concluding that “there isn’t enough evidence” when it comes to drinking it, even though there’s been a bunch of evidence that shows kava is both *safe* and *effective* at treating **social anxiety**.

My advice is to stay informed as much as you can, follow us on social media, and also follow some kava bars across the states too! The more we help each other, the better.

By making our **kava culture** stronger, we can battle the deliberate misinformation and politics around kava.

## Which Type of Kava Should I Use to Treat Social Anxiety?

At Visbar, my **kava bar in Monroe, Louisiana**, our experienced kava bartenders can teach you about all the vibes + flavors you get drinking kava (and by the way, they’re all great at reducing **social anxiety**).

Here are some of my recommendations:

For a pick-me-up, try the Vanilla Swirl.

If you need something to boost focus, try our classic Hazelnut Kava Blend.

And if you want something to replace your daily Starbucks sugarbomb, try the Caramel Candle.

If you want to mingle, build your network, or put headphones in and bang out the code for your new app, our kava bar in Monroe, Louisiana is an awesome place to hang out.

But if you don't live in Monroe, Louisiana, and you have any questions about kava, hit me up on Insta and I'll recommend the **best alcohol alternatives** that will change your life.

Until then,

Bula! 🍵

Blog 52: Strauss Little Theater

Blog 51: Is Kava A Legit Coffee Alternative?

STORY FROM A CUSTOMER:

Sam's the kind of guy who takes one sip of coffee and his entire morning is ruined. Heart beating out of his ribcage, shaky hands, constant runs to the bathroom.

Folks like to drink coffee because it gives them energy. Sam needed that energy, but couldn't stomach the side effects. He was eager to find a **coffee alternative** and, after some Googlin', found kava.

At our **kava bar in Monroe, Louisiana**, we serve this coffee alternative for folks who want to work hard and focus, without letting caffeine ruin their mental stability.

That's what makes **kava drinks** so powerful. You're not wired. You're not sluggish. You're relaxed and *mentally present*.

But some folks naturally have their questions, and I want to lay them out here today.

Is Kava a healthy coffee alternative?

While it doesn't provide the same instant energy hit, **kava is a coffee alternative** in that it offers calm and clarity, without any of the unhealthy side effects.

Coffee's power lies in speed. Caffeine spikes your cortisol, dopamine, and adrenaline--great if you need to crush deadlines, but it's also why people crash, get anxious, and become dependent.

**Kava drinks** reinvent what it means to focus: It boosts GABA, which is your brain's natural chill pill. But it's a *relaxed alertness*--calm, without being sleepy.

For a lot of folks, especially neurodivergent or anxious types, that's a massive upgrade. Less jaw clenching, more deep work.

For that reason, kava is the **best coffee alternative for your health**.

Also: kava doesn't mess with your sleep. Caffeine lingers in your system for hours, tanking deep sleep. Kava actually *helps* with sleep quality if taken later in the day.

So if you're tired of coffee's jittery high--followed by the 2PM crash--kava's the **coffee alternative** you've been researching.

If coffee is a legit coffee alternative, can you drink it everyday?

When folks come to our **kava bar in Monroe, Louisiana**, they're drinking kava while making Canva slides, data tracking, studying, writing up essays - the whole shebang.

(FYI we're happy to announce we have regulars now!)



That's what makes kava a legit **coffee alternative**: You can come into the bar, have 3-4 kava drinks, work for the day, and never have any severe side effects. Meanwhile, you're getting your projects completed and you're staying on top of things.

Unlike coffee, which disrupts your sleep and makes you feel anxious all the time, kava is a great assist for the hustlers out there.

It's a **healthy coffee alternative** that:

1. Doesn't disrupt your mood or focus.
2. Doesn't test to see if you have health insurance.

But for full transparency, here's a breakdown of the side effects for both kava and coffee:

Coffee side effects:

- Jitters
- Anxiety
- Insomnia
- Heart palpitations
- Acid reflux
- Dependency (caffeine withdrawal is real)

Kava side effects:

- Numb mouth
- Potential liver toxicity ⚠️ (if mixed with alcohol/meds) ⚠️
- Tolerance buildup
- Grogginess ⚠️ (if the quality is poor) ⚠️

Now, you're most likely wondering: "If I can drink kava every day, won't my body become tolerant?"

The answer is yep, but only if you drink it after two weeks of *constant* use.

Regulars at my kava bar in Monroe, Louisiana, tend to take "kava breaks" (a week or two off) to reset their tolerance.

Also, different strains hit differently. We rotate our strains so our customers never build up the tolerance.

Now, here's where it gets a bit more nuanced:

Kava has reverse tolerance, which means some people don't feel its effects right away--even after one or two sessions. It can take a few tries for your body to "get it" and start reacting properly to the kavalactones (the active compounds).

It's the opposite of most substances where the more you take, the more you need. With kava, once your system adapts, you actually start feeling the effects *more with less*.

So, kava is the **best coffee alternative** you can have, but it takes time for it to be so. And too much of it requires a tiny reset.

At our kava bar in Monroe, Louisiana, we're determined you'll never have to "reset" at all.

## Visbar, The Coffee Alternative Bar

Full disclaimer: I like coffee. I sell my dad's Vietnamese coffee at our kava bar in Monroe, Louisiana and it's simply 🔥. But I get it, people hate how their bodies react to coffee, so they *crave an alternative*. (Even green tea isn't good for them!)

Also, you want a place to hang out, study/work, and drink a potion that boosts your focus and clarity. With that said, kava is the **best coffee alternative** you can drink.

Not only is it healthy, it's also becoming a popular choice for folks who want to socialise and have fun, without facing any mental or bodily downsides.

If you live/work/vacay in Monroe, Louisiana, come visit our kava bar! If not, message me on Instagram and I'll recommend some high quality products for you to buy.

Until next time,

Bula ☕

## Blog 50: Forsythe Park

## Blog 49: Top Six Non Alcoholic Drinks With a Natural High

*6 min read*

5 minutes ago, I googled “**non-alcoholic drinks**” to see what kind of potions folks are guzzling nowadays. And to my horror...here’s what I found: Mocktails, kombucha, and fizz water 🙄

No, thank you!

In my opinion, the **best alcohol alternatives** are the ones that give you a buzz, no?

At our **kava bar in Monroe, Louisiana**, that’s our philosophy: certain concoctions are made to replace the psychological experience of drinking booze, not just the social aspect. It’s all about the chemistry!

Now, in this article, we’re listing SIX **non-alcoholic drinks** that achieve this natural experience. No hangover, no bad trips. All the benefits of booze, with none of the downsides.

These **alcohol free drinks** are the real deal. And I have it on good authority that they are keeping Budweiser’s CEO up at night...maybe.

And P.S. We saved the best to last.

But before we begin, let's just quickly break down what we mean when we say: the **best alcohol alternatives**.

## The Science of Non-Alcohol Drinks

Alcohol releases dopamine to give you the happiness a 9-5 job cannot. It does so by reducing the activity of GABA neurons, which normally regulate dopamine release. This allows more dopamine to flood the brain.

Traditional **non-alcoholic drinks**, like mocktails, don't mimic these effects whatsoever.

So, in this article, our criteria was simple:

What concoctions can release dopamine but have none of the downsides of alcohol?

The alcohol industry would like you to think such a thing doesn't exist. And that's why you won't see these **alcohol alternatives** on the TV screen, even though they're the best thing that's happened since Tabasco.

At our kava **bar in Monroe, Louisiana**, we have the proof: these **alcohol free drinks** exist, and they're just as effective at releasing dopamine as alcohol!

Let's break them down:

## Kratom: A Non-Alcohol Drink That Acts on Opioid Receptors

Kratom is similar to alcohol in that it can create a sense of euphoria that is perfect for treating social anxiety. At lower doses, it's a **non-alcohol** drink that takes the edge off after a long day at work. At higher dosages, it can sedate you.

At our **kava bar in Monroe, Louisiana**, we serve kratom drinks with the simple principle that *less is more*. We're all about finding the **best alcohol alternatives** that keep you 1. Healthy and 2. Clear-headed.

However, kratom is not without its controversy. Just like alcohol, it can be addicting because of how legitimately effective it is. We suggest to everyone *not to abuse kratom*.

DOUBLE however, kratom gets the sh\*t end of the stick when it comes to politics. It is by far nowhere near as dangerous as the news claims.

But St. Tammany Parish reported an overdose related to kratom back in October 2024. The toxicity report showed other drugs were in the mix, but that didn't stop the parish from banning it!

We went down to the town hall to talk with the parish. The process involving this ban was completely undemocratic and destroyed kava/kratom businesses in the area.

Now, if you can get past the politics, and you're open to finding an alcohol alternative in a healthy and mindful way, kratom is by far one of the best **non-alcohol drinks** you could choose.

But just like anything in life, the dose is the poison.

## Valerian Root: A Non-Alcohol Drink That Enhances GABA Activity

While alcohol binds to GABA-A receptors and increases their effect, Valerian Root is a **non-alcohol drink** that inhibits enzymes.

These enzymes break down GABA, so the brain naturally has higher GABA levels over time.

The effect, therefore, is weaker and more gradual compared to alcohol. But if you're the type of person who likes a tipsy feeling (not a blackout-drunk feeling), Valerian Root is the **best alcohol alternative** drink for you.

Valerian root lowers **cortisol levels** (stress hormone) which is perfect for people who drink just because they want to relax in social situations.

However, valerian root isn't without its downsides. Too much of it can make you feel drowsy or make you have an upset stomach.

But unlike alcohol or benzodiazepines, it doesn't cause dependence or withdrawal. And it works **gradually over time**, so it's a solid option for long-term stress relief.

Plus, there's a workaround that makes this **non-alcoholic drink** even better!

## Passionflower + Valerian: A Non-Alcoholic Drink That Keeps You Awake

So, as you just read, valerian root is a **non-alcoholic drink** that can make you 🥱

But combine it with passionflower, you have a potion that balances **mental relaxation** with **physical calm**--without making you overly sedated.

Here's why: Valerian Root produces GABA which naturally promotes deep relaxation and a slightly "spaced-out" feeling. Passionflower has a gentler, uplifting effect while you still feel calm.

The combination of both feels like drinking a glass of wine after a 10 hour shift.

Not bad, am I right?

## Blue Lotus Tea: A Psychoactive Non-Alcohol Drink

I use the term “psychoactive” loosely here. When I visited a tea lounge in St. Petersburg, I tried out this **non-alcohol drink** and was shocked at how casual its effects were.

I felt floaty, dreamy, and relaxed. And if you're someone who likes the idea of marijuana (more so than its fear-inducing effects), blue lotus tea might be the perfect fit for you.

After all, not everyone drinks to be rowdy and loud. This is the **best alcohol alternative** for those who want to chill and reflect on a deeper level.

And for that reason, blue lotus tea makes the list!

P.S. Blue Lotus is not addicting, but it can be habit-forming. Similar to coffee, the effects can feel so good, you'll want to drink it frequently. We suggest being mindful of that.

## Kava: The Best Non-Alcohol Drink

Since I own a **kava bar in Monroe, Louisiana**, it's fair to say I'm biased.

But, in my defence, the reason why we even opened a kava bar was because we experienced first hand how legit kava is! It's by far the **best alcohol alternative** that



you could consume, without feeling a pounding headache in your skull or a depressing comedown.

Here's why:

Both alcohol and kava enhances GABA activity, which calms the nervous system and reduces stress. So the effects can feel like the equivalent of drinking your favorite poison.

But the key difference is that it's *not poison*. It's a healthy, **alcohol-free drink** that relaxes you and keeps your mind clear.

Even the reports back in the early 2000s about its damage to your liver and kidneys proved to be completely false. No one has had any serious health risks from drinking kava since its existence.

So yeah, we're big supporters of kava, and we insist you come drink with us at our **kava bar in Monroe, Louisiana**.

But before you book your flight ticket to come see us, there's one more drink on this list!

## Kava + Cacao: A Non-Alcohol Drink That Keeps You Buzzed

At our **kava bar in Monroe, Louisiana**, we have a ton of **non-alcohol drink** recipes that help enhance kava's natural buzz.

But recently, I got experimenting with cacao, which is full of natural stimulants and mood boosters, making it a popular alternative to coffee.

This **alcohol free drink** increases dopamine and serotonin, creating a warm, happy, slightly euphoric feeling. Honestly, it could have had its own section on this list. But I had to pair it with kava because...

*Combining the two is amazing!*

Kava's muscle-relaxing properties counteract any cacao-induced jitters. And if you're using poor quality kava (we certainly don't!), Cacao's theobromine prevents kava from feeling too sedating.

The result is loose, calm muscles but an awakened and engaged mind.

And that, my friend, makes it one of the **best alcohol alternatives** you could drink.

Should I start serving it in my **kava bar in Monroe, Louisiana**? Let me know in the comments!

Until next time,

Bula ☕

Blog 48: Louisiana Purchase Gardens & Zoo

Blog 47: Solved: How to Make High-Quality Kava at Home

This guide will walk you through **how to make high-quality kava at home** like a pro.

We'll cover **step-by-step instructions, ingredient sourcing tips, and the best equipment** to use so that your homemade kava tastes smooth, potent, and enjoyable.

Plus, we'll throw in some expert tips to make sure your kava experience is top-tier.

## What You'll Need to Make Kava

Before we dive in, let's gather the essentials:

- ✓ **High-quality kava root powder** (Noble kava, not Tudei kava)
- ✓ **A fine mesh strainer bag** (nut milk bag or traditional kava strainer)
- ✓ **A large bowl** (or any mixing vessel)
- ✓ **Warm water** (not boiling, about 100–120°F)
- ✓ **Measuring spoon** (for precise serving sizes)
- ✓ **Optional: Blender, shaker bottle, or coconut milk for enhanced extraction**

Once you have these, you're ready to get brewing.

## Step-by-Step: Traditional Kneading Method

This is the **classic** way to make kava—just like they do in the South Pacific.

- ① **Measure Your Kava:** Use **2–4 tablespoons** of kava root powder per serving. If you want a stronger batch, start with **½ cup per quart of water**.
- ② **Add Warm Water:** Pour **8–12 ounces of warm water** over the kava in your strainer bag. The key here is *warm*, not hot—boiling water can destroy the active kavalactones.
- ③ **Knead & Squeeze:** This is where the magic happens. Using both hands, massage and knead the kava-filled strainer in the water for **5–10 minutes**. This extracts all the good stuff, turning the water a muddy brown color.

④ **Strain & Serve:** Once done kneading, squeeze out the last bit of liquid, discard the root pulp, and pour your fresh kava into a cup or coconut shell.

⑤ **Drink Up!** Kava is best enjoyed **on an empty stomach** for full effects. Take it slow—sip or drink in “shells” rather than over time.

✔ **Pro Tip:** Kava tastes better **chilled**. Pop it in the fridge or add ice cubes for a smoother experience.

## The Blender Method (Fast & Easy)

Want to skip the hand kneading? Try this blender hack.

① Add **2–4 tbsp of kava** and **8–12 oz of warm water** to a blender.

② Blend on high for **3–4 minutes** to maximize extraction.

③ Pour through a strainer bag or fine mesh sieve to filter out root particles.

④ Serve and enjoy!

✔ **Pro Tip:** Add a **teaspoon of coconut oil or lecithin** to the blend for extra potency.

## The Easiest Method: Shaker Bottle Hack

No blender? No problem.

① Put **2–4 tbsp of kava powder** and **8–12 oz of warm water** in a shaker bottle.

② Shake *vigorously* for **3–5 minutes**.

③ Strain through a mesh bag.

4) Serve and enjoy.

This is perfect for **on-the-go kava**—quick, easy, and no mess.

## How to Make Kava Taste Better

Let's be honest with ourselves here, folks aren't exactly drinking kava for its earthy and bitter taste.

So, here's our [blog article on a bunch of recipes](#) for you to try.

And here's some general information to get you started:

- ✓ **Chill It:** Cold kava is much smoother than warm kava.
- ✓ **Mix with Coconut Water:** This adds a natural sweetness and smooth texture.
- ✓ **Try a Chaser:** A bite of pineapple or a sip of fruit juice can neutralize the aftertaste.
- ✓ **Blend with Almond Milk:** This gives it a creamy, latte-like vibe.

## Where to Buy High-Quality Kava

Not all kava is created equal! For the best results, always buy **Noble kava** from a trusted source. Here's what to look for:

- ✓ **Lab-tested for purity** (no contaminants or Tudei kava)
- ✓ **Fine, fresh grind** (old kava loses potency)
- ✓ **Reputable vendor** (look for reviews and transparency)

If you come visit our kava bar in Monroe, Louisiana, we serve premium-grade kava. Otherwise, order online from reputable kava brands.

## How to Store Kava for Maximum Freshness

To keep your kava fresh and potent:

- ✓ Store **dry kava powder** in an **airtight container** away from light and moisture.
- ✓ Refrigerate **prepared kava** and drink within **3 days**.
- ✓ If your kava tastes sour, it's gone bad—toss it.

## Final Thoughts: Relax & Enjoy

Making kava at home is easy, rewarding, and the best way to enjoy this natural **alcohol alternative** in its purest form.

Always remember the trio rule: Quality ingredients, proper technique, and a little patience.

And if you have any more questions about kava, come visit our kava bar in Monroe, Louisiana!

## Blog 46: University of Louisiana at Monroe (ULM)

## Blog 45: Kava Side Effects: Myths vs. Facts

This morning I was in my kava bar in Monroe, Louisiana and one of my customers reported their tongue feeling numb.

**⚠️ SOMEONE CALL AN AMBULANCE. HE'S ALLERGIC TO KAVA. HE'S GOING TO DIE ⚠️**

Jk jk, nothing like that *at all*. But it often happens that when you drink kava, some strange side effects do occur.

Not all the time, mind you. But they pop up now and again, and if it's your first time drinking kava, you might feel it would be a regular occurrence...or even a sign that kava isn't the drink for you.

In this article, we're going to be blunt and say: Nah-uh. It **can** be the drink for you.

But first, let's get the cats out of the bag and lay down all the side effects and why they're harmless.

That way, we can be reminded of the fact that kava is a *safe* and *healthy* to consume.

And no one can doubt that!

## What Even Is Kava?

Kava is made from the root of the *Piper methysticum* plant, traditionally used in the South Pacific for relaxation, social bonding, and ceremonial purposes.

They've been drinking this stuff for centuries, but it chills you out and makes you feel less stressed.

It's kind of like alcohol but without the gut-wrenching feeling *last night will haunt you forever*.

But before you head on over to our kava bar in Monroe, Louisiana, there's some side effects you should be aware of.

## Common Side Effects of Kava (What to Expect)

Kava affects everyone a little differently, but here are some of the **most common, mild side effects**:

- **Numb or Tingling Mouth** – This is totally normal. Kava has natural compounds called kavalactones that interact with your nervous system, temporarily numbing your tongue and lips. It's not an allergic reaction, just part of the experience.
- **Itchy Throat** - This effect is common with low-quality kava or kava that's improperly processed. Still harmless, but maybe consider a different brand.
- **Relaxation or Mild Drowsiness** – Most people drink kava *because* it relaxes them. Some feel lightly sedated, while others just feel chilled out. If you're new to kava, start slow and see how it affects you before driving.
- **Slight Nausea or Upset Stomach** – This usually happens when drinking **strong kava on an empty stomach**. Having a light snack beforehand can help.
- **Headaches** – Uncommon, but dehydration is the leading contributor. If you're drinking kava, make sure to drink water, too.
- **Frequent Urination** – Kava is a mild diuretic, so don't be surprised if you're making a few extra trips to the bathroom.

So, these are the mild symptoms. Nothing to worry about at all.

What about the big myth the establishment has been talking about? Does kava destroy your liver?

Does Kava destroy your liver?

If you've Googled "kava side effects," you've probably seen articles saying it can cause liver failure. This is one of the **biggest misconceptions** about kava, and here's why:



1. **The liver toxicity scare came from low-quality kava extracts.** Back in the early 2000s, a few **kava supplements** (not the traditional drink) were linked to liver issues. Later studies found that these supplements were made using **non-traditional extraction methods**, potentially using parts of the plant (like leaves and stems) that aren't meant for consumption.
2. **Actual risk is extremely low.** Scientific reviews estimate that the risk of severe liver toxicity from kava is about *1 in 60 million to 125 million* users. That's **lower than the risk of liver damage from Tylenol or alcohol.**
3. **Pacific Islanders have consumed kava for centuries with no liver failure crisis.** Traditional kava, prepared properly and consumed responsibly, hasn't been linked to widespread liver damage.

So, is kava safe? If you're drinking properly prepared noble kava from a reputable source (*like a quality kava bar in Monroe, Louisiana*), then yes—it's about as risky as drinking herbal tea.

## Kava Hangovers? The Truth About “Kava Over”

Unlike alcohol, **kava doesn't cause a true hangover.** No dehydration, no nausea, no waking up to regrettable messages from your ex.

But some people report feeling groggy the next morning. This is sometimes called a “*kava over*” and usually happens when:

- You drank **too much** kava (yes, you can overdo relaxation).
- You had a **heavy strain** (some kava varieties are more sedative).
- You didn't hydrate properly (again, drink some water).

Try to stick to moderate amounts and know your limits. Unlike alcohol, **kava doesn't build tolerance**, so you don't need to keep increasing your dose to feel the effects.

## Kava Addiction: Can You Get Hooked?

Nope. Kava is **not physically addictive** like alcohol, nicotine, or opioids. There's no withdrawal, no cravings, no need to keep increasing the dose to get the same effect.

That said, *any habit can become a routine*. If you love the way kava makes you feel, you might start making it part of your daily chill-out ritual, but that's a lifestyle choice, not a chemical dependency.

In fact, kava is often used by people looking to cut back on alcohol or anxiety meds. It gives you that social, relaxed vibe **without** altering your brain chemistry in a way that leads to addiction.

## Long-Term Heavy Use: What Happens If You Go Overboard?

Moderation is key with anything--even water can be dangerous if you drink gallons of it. So what happens if someone drinks **way too much kava every single day** for years?

- **Kava Dermopathy** – A harmless, *reversible* skin condition where the skin gets rough, dry, or scaly. This goes away when kava use is reduced.
- **Reduced Appetite & Weight Loss** – Heavy users might experience a suppressed appetite.
- **Fatigue or Lethargy** – If you're drinking large amounts of kava daily, you might feel more sluggish over time.

These effects are seen in people who consume **extreme amounts** of kava.

To give you some perspective, I have people come into my kava bar in Monroe, Louisiana every day, and they never report these side effects.

## How to Drink Kava the Right Way (Without Side Effects)

If you're new to kava and want to enjoy it **without** side effects, follow these tips:

- ✓ **Choose Quality Kava** – Always get kava from a reputable source. High-quality noble kava is smooth, effective, and free from nasty surprises.
- ✓ **Start Slow** – If it's your first time, start with a small serving and see how you feel before going for another shell.
- ✓ **Drink Water** – Hydration is key. Kava won't dehydrate you like alcohol, but drinking water will help you feel better overall.
- ✓ **Eat Lightly Beforehand** – Drinking kava on an empty stomach can cause mild nausea for some people. A light snack can help.
- ✓ **Don't Mix with Alcohol** – Kava and alcohol don't mix well. Both affect the liver, and combining them **increases** the risk of feeling groggy or unwell.

### Final Thoughts: Kava is Safe, Fun, and Chill

Kava has been **misunderstood for years**, but the truth is simple: when sourced properly and consumed responsibly, it's a safe, enjoyable, and non-addictive way to relax.

So next time you hear someone say, "Wait, isn't kava bad for you?"-- you'll know the facts. Kava won't fry your liver, won't get you addicted, and won't leave you feeling wrecked in the morning.

You have to wonder why the establishment seeks to market it as dangerous 🤔

Come to my kava bar in Monroe, Louisiana, and I'll explain why! You won't **believe** how deep the rabbit hole goes.

Until then,

Bula! 🥥

## Blog 44: The 3 Kava Bars with the Best Vibes

You ever had one of those nights where your brain just won't shut off?

That was me a decade ago, when I worked corporate and had no idea about kava.

I was sat in my car, staring at the glowing red numbers on the dashboard clock, thinking about quitting my job...

Emails, calls, meetings, random sh\*t that didn't need to be in my brain.

At the time, I was living in Florida, and I had this sudden urge to try out a new place I had never been to before. I needed to go somewhere that wasn't a bar serving alcohol.

So I decided to head to a kava bar and it was arguably the best thing I had ever done.

The lighting was soft, the air smelled earthy, and the people inside weren't shouting over loud music, trying to start fights, or pick up girls.

I got a booth of my own, sipped on an icy kava drink and it felt like my spine melted.

It's crazy how brains can just re-wire like that.

People use alcohol as a way to unwind after a hard day but we all know what that leads to...

Anyway, today I'm writing this in my kava bar in Monroe, Louisiana, thankful for the kava bar in Florida for opening my eyes.

It's actually mentioned in this article, and half the reason why I'm writing it today.

Kava bars are different. They aren't just a place to drink; they're a space to breathe.

A space to reset. A space where people like me--like you--can step away from the grind and actually enjoy the moment.

And if you've never been to one, let me make it easy for you.

Here are three kava bars with the best vibes in the country.

(Message me if you think yours should be on this list)

Mad Hatters Kava Bar (St. Petersburg, FL)

Some places have a pulse.

You feel it the second you walk in.

The energy, the laughter, the music humming beneath the conversations.

And maybe it's because Mad Hatters Kava Bar has a special place in my heart (it's the place I spoke about in my intro) but I don't know...this bar just knows how to do the kava night scene right.

It doesn't close until 3 AM, which gives it that whole *late-night-ramen place* vibe.

They've always got live music, open mic nights, and themed parties.

And you never have to check a schedule or plan ahead. Just walk in, grab a shell, and see where the night takes you.

Man, it makes me wish I lived in Florida again.

## Sovereign Kava Bar (Asheville, NC)

I had no plans to stay long in Sovereign Kava Bar, Asheville – but I'm sure glad I did!

The guy next to me started talking about the new girl he was seeing and I was thinking, "I'm not in the mood to talk right now, go away"

But we got chatting and next minute, we're playing ping pong and it's feeling like a Saturday night at a party – lots of laughter, jokes, music – all the good stuff.

So, on a personal level, this bar wins in my book.

But on a deeper level, Sovereign wins the "good vibe" award because it's one of the oldest kava bars in the U.S.

Which makes sense because it still carries that traditional, no-frills vibe.

No gimmicks, no fancy branding--just good kava, good people, and a space that feels like a college dorm.

P.S. All the people in this kava bar are super cool people.

## Island Root Kava Bar (Melbourne, FL)

Folk who spend their vacays in Hawaii end up getting post-vacay blues and find their cure in Island Root Kava Bar.

This kava bar is a franchise, but don't let that discourage you!

The owners are hardworking folk who are building the kava community, brick by brick.

Tiki lights, palm trees, thatched roofs--it's got that whole *laid-back, island time* thing going on.

You could step inside on the most stressful day of your life and still feel like you just landed in Fiji.

And if you're the kind of person who loves warm night air, sitting under string lights, and hearing distant laughter from across the patio, this is *your* bar.

There's something about drinking kava outside, with the wind in your hair and island music in the background, that makes you think...*should I open a kava bar too?*

## Visbar (Monroe, LA)

So, the 3 best kava bars for good vibes are Mad Hatters, Sovereign, and Island Root.

But...I can't let you think my own kava bar doesn't have good vibes either! (Nor any other kava bar for that matter)

In fact, we've got a whole entrepreneurial thing going on with our kava bar, where folks come to work, study, and hustle, while drinking their favorite kava potion.

And if you do want to unwind and have some fun, we've got a PS5, board games, and comfortable seating.

So, bring a book, bring your Switch, play a game of cards with us, or just come enjoy a shell in our kava bar in Monroe, Louisiana – feel the good vibes!

Until then,

Peace 🕊️

## Blog 43: Flying Tiger Brewery

## Blog 43: Which of these kava bars match your vibe?

*5 min*

It's funny how when you open a kava bar, you never know exactly how it's going to turn out. Any business owner would be happy to just have customers, right?

And yet...I'm so glad how my kava bar in Monroe, Louisiana, turned out!

It's attracting the exact kind of customer I want – entrepreneurial, deep-level thinking hustlers who come into my bar to build businesses and network.



I'm talking about folks who treat Visbar like their space to express ideas and focus on themselves.

I resonate with that crowd, being an owner of two businesses myself.

But not every kava bar is the same. Some kava bars have a completely different vibe. And that's cool, we're all different and we all drink kava in different ways.

The conversations we have with folks and our tribe should be celebrated and respected.

But it does beg the question: which kava bar is right for you?

And disclaimer, if you live in Monroe, Louisiana, our kava bar is welcome to all!

## Daytime Hustler Kava Bars

If you're the kind of person who likes to work hard during the day and drink kava to take the edge off...

A daytime bar might be your fit.

That's exactly what hustler kava bars are all about...

👉 Business owners typing away on their laptops.

👉 Students highlighting textbooks.

👉 Bookworms upgrading their 🧠 so they can escape the 9-5.

This kava bar is the new Starbucks, but instead of getting jittery and anxious from all the coffee you're drizzling down your throat, you're drinking a healthy potion that keeps your mind still and happy.

So, do these kava bars exist?

YES!

- [Visbar](#), Monroe Louisiana: At Visbar, our mission is to provide a space where people can connect, unwind, and improve their well-being.
- [Kava Culture](#), Multiple Locations: Jacqueline and Caroline Rusher built their community around both work and play. Their kava bars have quickly become a popular choice for networking in several communities across the country.

## Late-Night Social Kava Bars

These kinds of kava bars are the alcohol alternative bars that are giving the alcohol industry a run for its money!

Commonly defined as a "Kava Lounge", these kava bars have live music, stand-up comedians, holiday-themed events, and pub quizzes.

Anything that a bar has, these kava bars have them!

So if you enjoy bar crawling but don't want to deal with a hangover the next morning, which kava bars do you want to be on the lookout for?

(Hint: Check opening times!)

- [The Kava Connection](#), Greenville, South Carolina: They pride themselves on being South Carolina's only kava bar and on being one of the few non-alcoholic late night social establishments in the Upstate.
- [Kava Social Club](#), Bradenton, Florida: They started brewing kava at home then sold their kava drinks at local festivals. After that, they opened during the height of the COVID pandemic! These guys rock.

## Hippie Kava Bars

A kava bar is the perfect hangout spot if you're into natural, plant-based relaxation and community-driven spaces.

We're talking about a culture that is typically chill, with dim lighting, comfy seating, and an emphasis on conversation and meditation.

So it's no surprise that those who value mindfulness and organic experiences come to kava bars – they're the perfect place to unwind and reconnect with your community.

But which kava bars in particular fit this vibe?

- [Traveling Gypsies and Kava Den](#), Rome, Georgia: This kava den offers a bohemian lifestyle atmosphere, serving kava, elixirs, and botanical mocktails. They also feature music, entertainment, and a "Cultural Caravan" of artisan goods, jewelry, and holistic apothecary items.
- [Lacuna Kava Bar](#), Phoenix, AZ: Recognized as the "Best Place to Drink Like a Hippie" in 2019 by the Phoenix New Times, Lacuna Kava Bar attracts a community of kava enthusiasts.

## Island-Themed Kava Bars

For those who want their kava with an ocean breeze (even if it's just in spirit), the Island-Themed Kava Bar brings the Polynesian roots of kava front and center.

These bars celebrate the drink's traditional heritage while creating an atmosphere that feels like a permanent vacation.

I'm talking tiki decor, tropical plants, thatched roofs, ukulele nights! 🤿🌴

So which kava bars have this vibe?

- [Island Root Kava Bar](#), Multiple Locations: Described as a place to "experience the relaxing, conversation-provoking pleasure which is Kava," with a South Pacific ambiance.
- [Ohana Kava Bar](#), Colorado Springs, Colorado: They're all about good vibes, great people, and relaxing drinks in an island-themed atmosphere.

## College-Town Kava Bars

Most students are poor af and don't want to spend all their money bar crawling every weekend.

They also have way too many assignments to focus on and need a space where they can focus while taking the edge off (without having to deal with a subsequent hangover)

So, they need to visit a kava bar that is both relaxing and reasonably priced.

Now, no kava bar exists solely for students, but here's the kava bars we found closest to colleges at a reasonable price:

- [Da Kine's Kava](#) Near Duke University, Durham, NC. A community-oriented kava bar. The owners realized that Durham was missing the alternative bar scene that they had grown to know and love while living in Hawaii, Florida, and Wilmington, NC.
- [Bula Tulum](#), Near the University of Texas, Austin, TX. A plant-based bar social space for students seeking non-alcoholic options.

## Wellness & Fitness Kava Bars

If you're a fitness enthusiast who enjoys the buzz of alcohol without ruining your gains, these kinds of kava bars are the perfect fit for you.

And, on top of that, if you believe that kava fits into your wellness goals, then these kava bars are perfect for you too.

Healthy mind. Healthy body. Healthy kava bars. That sort of thing.

The good news is that most kava bars fall into this category, but in the spirit of this article, I've narrowed it down to two kava bars that are particularly focused on health and wellness.

Let's take a look:

- [Leaves and Roots Lounge](#), Fort Lauderdale, Florida: A vegan kava bar offering a variety of plant-based comfort foods alongside traditional kava and kratom beverages.
- [Syndicate Wynwood](#), Miami, Florida: Hosts yoga classes and various health and wellness events, providing a space for social connections and holistic practices.

## Themed Kava Bars

By far one of the coolest alcohol alternatives spaces you could go to, and works as a great venue for your bachelor/bachelorette party.

We're talking kava bar meets Disneyland types vibes, with so many to choose from across the U.S.A.

This list is just 🍷 :

- [Mad Hatters Kava Bar](#), St. Petersburg, Florida: An award-winning kava bar offering a whimsical atmosphere inspired by the classic tale, featuring a variety of kava, kratom, and herbal teas, along with hookah services.
- [Twisted Roots Kava Brewery](#), Miami, Florida: A pirate-themed kava bar with ambient low lighting, offering a unique drinking experience with kava served in tiki cups.
- [Kraken Kava](#), Palm Bay, Florida: A kraken themed kava bar, named after the legendary sea creature, offering mocktails, kava boba, kratom, and coffee.

## Which kava is for you?

Now that we've explored the different kind of kava bars across the U.S., I want to finish by saying this:

Ideally, you'd want the kava bar that suits your personality to be the closest one to where you live.

The downside is that kava bars are an up and coming alcohol alternatives so this might not be the case right now.

That said, I'm sure all kava business owners would agree with me when I say that ALL are welcome at their kava bars, regardless if you're a social butterfly, a student, or a pirate enthusiast.

Kava bars in general are just a great place to hangout and have fun so we recommend you visit your local.

And if you live in Monroe, Louisiana, we recommend you come visit us at our kava bar!

We'd love to have you here – whether you're working, having fun, or mingling, Visbar is the best place to be for those who want an alternative from the traditional alcohol scene.

## Blog 42: Kava and Your Health: What It Helps, What It Doesn't

*6 min read*

You've most likely come to this page wondering if drinking kava yields positive results or negative results, depending on the condition you have.

We feel you.

We hear you.

And we want to make sure that you get the results you need ASAP.

But before you dive into your section to learn more, we're confident that kava is arguably the safest drink you could have (except water of course)

But sometimes, the facts and the science gets butchered.

For example, if you've got familial super hyperchloremia, AI makes a correlation with "kava is taxing on the liver" with "don't eat or drink anything to increase your cholesterol"

Ask it to clarify, and you'll see that kava is in fact, still a safe drink to consume for this condition – if done moderately.



Also, the studies made in the 2000s linking kava with liver toxicity were found to be completely flawed.

And yet, it has done reputable damage to the kava industry ever since.

So, even though the science is inconclusive, AI models still analyse kava as a danger to the liver.

We're not just saying this because we have a kava bar in Monroe, Louisiana.

We're saying this because it's true!

And in the spirit of truth and transparency, we're going to show you exactly how kava has an impact on your body, depending on the condition you might have.

Let's dive in:

## Conditions Kava Can Actually Help With

### Anxiety & Stress

Anxiety's a dumb little feature in our brain, holding us back.

But what if there was a drug (similar to alcohol and similar to pharmaceuticals) that had all the benefits of these anti-stress, anti-anxiety drugs, with none of the downsides? I.e. high cost, long-term health damage, dependency.

Well, it's one of the reasons why our kava bar in Monroe, Louisiana, has become so popular.

Studies show kava calms nerves and reduces anxiety without the sluggishness of alcohol or the dependency risks of benzodiazepines.

But you don't need to conduct a study to prove that. Take a sip of a kava drink and you'll experience exactly what the studies are showing.

## Insomnia & Sleep Issues

There are several types of kava drinks.

One of them in particular is a powerful, natural sedative which gives melatonin gummies a run for its money!

Unlike prescription sleep aids (which are dangerous and not good for your health), kava can help you fall asleep and make you feel restful, maybe even preppy the next morning.

## Muscle Relaxation & Pain Relief

If you feel like a massage therapist isn't within your price range, why not try out a kava drink instead?

Several folks come to our kava bar in Monroe, Louisiana, after hitting the local Planet Fitness.

Kava is known to ease muscle tension, making it a great post-workout drink.

And, unlike alcohol, it has zero effects on your protein intake.

## Depression (Mild Cases)

While kava isn't an antidepressant, its mood-enhancing effects can help with mild cases of depression--especially when stress and anxiety are part of the mix.

Just don't expect it to replace therapy or medication for severe cases.

## Menopause Symptoms

If hot flashes, mood swings, and poor sleep are making your menopause miserable, kava might be the drink you need to replace that evening wine walk.

Some studies suggest it can ease anxiety and restlessness, making the transition smoother.

Ask your local barman if kava is right for you!

## Alcohol Withdrawal & Addiction Support

If you're cutting back on alcohol, kava is a solid alternative. It provides relaxation without the downsides of alcohol, making it a go-to choice for people in recovery.

Come visit us in our kava bar in Monroe, Louisiana, and we'll show you how to have fun without alcohol.

Until then, keep up the good work.

You've got this 🙌

## Neuroprotection & Brain Health

I bet you haven't read this in the news!

There's [emerging evidence that kava's active compounds \(kavalactones\) may have neuroprotective benefits.](#)

This could mean better cognitive function and even potential benefits for neurodegenerative diseases.

We're still waiting on more solid research--sadly the politics of pharmaceuticals prevents cheaper and safer alternatives, like kava, seeing the light of day.

But we remain hopeful that one day, kava gets the research and funding it needs to become the new alcohol alternative.

## Conditions Kava Doesn't Help...But Is Still Safe!

So now we know how kava can treat conditions, let's learn about what conditions you need to be aware of when drinking kava.

Turns out, there's not that many conditions that stops you from drinking kava

(Therefore, if you're in the area, come visit our kava bar in Monroe, Louisiana!)

However, for full transparency, here's all the info you need to know:

### Kidney Failure

Let's address that one ridiculous claim from the 90s: **Kava does not cause kidney failure.**

That study was based on a contaminated herbal product, not actual kava. And since then, many countries have legalized kava.

### Liver Toxicity

Yes, kava was unfairly dragged through the mud over liver concerns.

The studies used low-quality extracts and non-noble kava strains that weren't meant for human consumption.

Traditional, water-extracted noble kava is not a liver toxin when consumed responsibly.

## Hallucinations & Psychosis

Contrary to what your friend's friend swears they saw on Reddit, kava is **not a psychedelic** and does not cause hallucinations.

If you hear colors after drinking kava, it's because you mixed it with something else.

Let us know how that goes 🙄

## Weight Loss (or Weight Gain)

Kava won't speed up your metabolism or make you pack on pounds.

If anything, it might make you snack more because you're relaxed.

But it has no direct impact on body weight.

## Heart Disease & Blood Pressure

Kava isn't going to raise or lower your cholesterol, but nor is it as healthy as oatmeal and sweet potatoes.

Some people feel a slight blood pressure drop while drinking it, but nothing drastic enough to make it a "heart-friendly" drink.

## Hormones & Testosterone

This is a new one for me! But after someone asked this question in our kava bar, I had to address it.

Kava drinks have zero effect on your hormones and testosterone levels.

It's really just a drink to make you feel relaxed, and help you take things easy after a hard-hitting workout.

## Kava Drinks: The Bottom Line

Kava is a healthy and safe alternative to alcohol, but it's also a new cultural phenomenon that's making waves across America.

As a result of that, a bunch of myths have sprung up about kava.

Kava bars, like ours in Monroe, Louisiana, have to work hard to fight against it.

It's all politics sadly.

To be honest, Wally and I would prefer it if we just focused on what we loved doing: selling kava and having a great time in our kava bar, meeting new folks!

(Seriously though, visiting town hall meetings to fight against random bills against kava is not a pastime hobby of ours)

Maybe one day kava will get the esteem it deserves.

For now, we want to inform you as much as possible about kava and its impact on your health. We hope you will pass on this information to as many people as you can.

Not just for our kava bar in Monroe, Louisiana. But for all kava bars across the country.

Finally, we will say this:

Consistently, kava has shown to have an awesome impact on your health. No one has ever died of kava overdose or ruined their life because of it.

And we believe, as more studies come to light, kava will be revealed as the safe alternative to alcohol it deserves to be.

Until then,

Keep drinking the kava 🍷

## Blog 41: 3 Secret Kava Drink Recipes You Need to Try ASAP

*3 min read*

I was in my kava bar in Monroe, Louisiana the other day, and I decided to try out the “Yogi kava drink” everyone’s been talking about.

It’s become one of the most popular kava drinks to buy (mainly for its cheapness).

But as I sipped on this Yogi kava drink, I felt overwhelmed by a burning taste of cinnamon.

And, also, I didn’t feel the effects AT ALL.

If you ever try this Yogi kava drink and think it reflects what kava is, I insist you visit my kava bar in Monroe, Louisiana. We'll show you what true kava tastes/feels like!

Now, before I divulge into this article, I want to say something real quick:

We have a ton of kava drink recipes in our kava bar in Monroe, Louisiana. We're also posting about them on our Instagram (@thevisbar) every day so you can get ideas for yourself.

Originally, I wanted to give away, like, 10 kava drink recipes...but I was advised not to because we have a business to run and there's a bunch of Planktons out there 😊

Anyway, here's three kava drink recipes you can make at home (trust me, we don't hold back):

## #1 Kava Drink Recipe: The Kava Creamsicle

This kava drink recipe has been a hit in our kava bar in Monroe, Louisiana!

You start off with the following:

🥤 Two scoops of kava

🍊 1 oz of orange syrup

🥛 And a sprinkle of half & half.

Then, mix it all together, and voila!



You have a kava drink that tastes both breathtaking AND makes your brain feel like its lost gravitational pull.

P.S. A variation of this kava drink recipe is as follows:

🍷 Ladle in some kava (oh yeahh, that's the good stuff)

🍷 Add in another scoop (Why not?)

🍑 1 oz of orangy goodness

🍦 A dash of vanilla creamer

🍷 1 oz of creamer

Then stir this kava drink recipe like you're brewing a magic potion ✨

## #2 Kava Drink Recipe: Hazelnut Kava Blend

If you have the taste buds of a squirrel, you're going to love this next kava drink recipe!

🌰 1 oz of Hazelnut syrup

🍷 8 oz of kava

🍷 A dash of half/half (or your milky liquid of choice!)

Then, stir, stir, stir like your brain's been craving this alcohol alternative for centuries.

Once you taste this hazelnut kava drink, you'll never want a hazelnut coffee from Starbucks ever again.

It's got a nutty/milky combo that gives the kava drink quite the punch.

Now, here's the disclaimer: we've been using this recipe with our inhouse 50/50 kava tea. Come visit us at kava bar in Monroe, Louisiana, to taste the real deal.

If you can't make it tho, this standard kava drink recipe will still do the job.

### #3 Kava Drink Recipe: Peach Scream Tea (Halloween Edition 🎃)

Nothing spooks the alcohol industry like *this* kava drink recipe!

🍑 1/2 oz Peach Syrup

🍊 1/2 oz Orange Syrup

🍵 8 oz kava tea

🧊 Ice, ice, baby

🍋 A dash of lemonade

Then, stir like your life depends on it.

At our kava bar in Monroe, Louisiana, people went crazy for this kava drink recipe. It had all the hallmarks of Halloween (sweet, citrus, bitter, candy-esque) with the added effect of kava.

So, while you're enjoying the Halloween vibes, you're also feeling like life's all treat and no tricks.

In our kava bar in Monroe, Louisiana, that's what we're all about. 😊

Book a Flight ✈️ and Visit Our Kava Bar in Monroe, Louisiana

Now, I know what you're thinking: "This kava bar in Monroe, Louisiana sounds super dope! But I live all the way in [insert awesome country/state]"

I got you! All we ask is that if you decide to visit the gold ol land of pelicans, come drop by and we'll serve you up some of these kava drink recipes ourselves!

If you can't make it for now, be sure to follow us on Instagram (@thevisbar) to check out more kava drink recipes.

Until then,

Bula 🥥

Blog 40: Play, fish, and Hike at the Kiroli Park

Blog 39: The Reason Kava Is So Expensive (And Why Some Don't Mind)

*5 min read*

At our kava bar in Monroe, Louisiana, we made a business decision that could either kill our business or transform it into the central hub of the kava community.

We set reasonable prices for our kava drinks, so that we only earn pennies from the sale of a kava drink.

We could set the prices far higher – to be set at market value. But we're big believers in getting people drinking kava as much as possible and reshaping the way people have fun.

Now here's the unfortunate truth:

As as exciting as kava is, especially as an alcohol alternative, there's a high price tag for kava that simply cannot be ignored.

We'll explore why in this article, but we'll also show you how to make your kava drinking experience more affordable and reasonable.

Let's jump in.

Why is kava so expensive compared to other herbal drinks?

Oh man, I get this question a lot.

And I totally get it--why drop serious cash on kava when you could grab a cheap chamomile tea, right?

But here's the thing... kava isn't just another herbal drink.

It's a whole experience. Unlike teas or other herbs you steep for a few minutes, kava takes **years** to grow.

We're talking 3 to 5 years before a single root is ready to be harvested! That's a long time to wait before making a single sale.

Then there's the farming process.

Good kava comes from small, traditional farms in the Pacific Islands, where it's carefully grown, hand-harvested, and processed.

No mass production, no shortcuts--just pure, high-quality kava the way it's been made for centuries.

And don't even get me started on shipping. This stuff doesn't just roll off a local farm; it's coming from places like Fiji, Vanuatu, and Tonga.

That means import costs, quality control, and sustainability practices all add to the price.

So yeah, kava's not the cheapest drink on the shelf, but it's also not *just* a drink.

It's tradition, craftsmanship, and a natural way to unwind that no store-bought sleepy tea can match.

That's why real kava lovers don't mind paying a little extra.

They know the value is in the experience :)

Is expensive kava really better, or is it just marketing?

Honestly? It depends. Some kava is expensive because it's genuinely top-tier.

Other times, you're just paying for fancy branding.

The real difference comes down to variety, processing, and purity.

High-quality kava comes from noble kava strains--these are the ones that give you that smooth, relaxing effect without the nasty side effects.

Cheaper kava? It might be "tudei" kava, which lasts longer but can leave you feeling groggy or even nauseous. Not fun.

Then there's the way it's processed.

Good kava is carefully dried, ground, and tested for purity--no stems, no leaves, just the best parts of the root.

Cheaper kava might be full of fillers, which can mess with the effects.

And let's not forget freshness.

Kava doesn't have a long shelf life, so if you're getting a cheap bag that's been sitting around for a year? Yeah... it's probably lost a lot of its potency.

So is all expensive kava worth it? Nope.

But the good stuff? That's an alcohol alternative that sticks around in your life!

If you want the smoothest, most enjoyable experience--stick with trusted sources, noble strains, and fresh kava.

Your body (and your chill levels) will thank you

Where can I find high-quality kava at a reasonable price?

It's totally possible to drink top-notch kava at reasonable prices. In fact, our kava bar in Monroe, Louisiana wouldn't exist without these kava brands!

Let's explore:

### 1. Buy Direct from Pacific Island Suppliers

A lot of kava comes from small farms in Fiji, Vanuatu, and Tonga.

Some of these farms sell directly online, cutting out the middleman and saving you money.

Just make sure they specialize in noble kava--avoid anything labeled tudei kava (trust me, you don't want that).

### 2. Check Out Trusted Kava Retailers

There are some solid online stores that source pure, fresh, lab-tested kava at fair prices.

Look for ones with:

- ✓ Transparency about where their kava comes from
- ✓ Third-party lab testing for purity and potency
- ✓ A reputation for freshness (old kava = weak effects)

Some well-known names?

- Kavafied

- The Kava Society
- Kalm with Kava
- Bula Kava House

### 3. Join Kava Communities & Groups

Kava lovers love to share deals.

Facebook groups, Reddit's r/Kava, and online forums are goldmines for recommendations, discounts, and reviews.

You'll also spot sketchy brands to avoid.

### 4. Buy in Bulk

Kava isn't cheap, but if you find a trusted brand, buying larger amounts can bring the cost way down.

Split an order with a friend if you don't want to drop too much at once.

### 5. Avoid Amazon & Sketchy Sellers

Amazon can have good kava, but it's also full of low-quality, weak, or mislabeled stuff.

If the price seems too good to be true, it probably is.

Final Tip: Start Small, Test, Then Stock Up

Once you find a brand that hits right--then go big.



That way, you get the best kava for your buck without wasting money on duds.

## Visit a Kava Bar Like Ours in Monroe, Louisiana

Drinking kava doesn't have to break the bank, it can be an experience worth paying for!

When you come visit our kava bar in Monroe, Louisiana (or any kava bar for that matter), you'll be drinking **high-quality** kava, reasonably price.

And you'll be in a place with cool people.

Business owners, marketers, students, pickleball enthusiasts, retired folk, your future husband – just about anyone!

And these social experiences are something you simply cannot measure.

By turning up, chatting with folks, and being in a new environment, you learn not only to appreciate kava, you'll also be part of an alcohol alternative community that is focused on improving themselves.

So if you want to visit our kava bar in Monroe, Louisiana, here's the address:

1100 Sterlington Rd, Suite C, Monroe, LA

Until then,

Bula! 🍷

## Blog 38: Northeast Louisiana Children's Museum

## Blog 37: 7 Must-Visit Cities for the Ultimate Kava Bar Nightlife

*5 min read*

Have you ever had a first date at a kava bar?

As a small business owner, trying to build the kava scene in Monroe, Louisiana, this is exactly what went down here!

The nervous couple came in, asked me a bunch of questions (like is kava healthy and which one should they try out first), then they found a table and got chatting about their lives, their interests, their jobs, their childhood etc. Very romantic.

It was cool to see, man. I had no idea kava bars had such an impact.

Well, my brother Wally, had a few trips coming up around the U.S.

So, we thought...he should check out the kava bars in the U.S. and get a feel for the kava nightlife in these cities. See what else folks are up to in kava bars.

This is everything we know so far:

## Kava Bars in Miami, Florida

Wally and I had lived in Florida for a long time--this was the state that inspired us to open up a kava bar here in Monroe, Louisiana!

But while we love Louisiana (and we'll try our best to build the kava scene here) it's Miami that gets the gold medal for kava nightlife.

When you've got kava bars like Twisted Roots Kava Brewery, you're in for a good time. Frigging pirate-themed nights, tiki cups, and karaoke--that's next level stuff!

(FYI our friend famously tried to finish his night in this bar after day drinking. The next day, he said his skull felt like it was cracking open and no advil could help him out.

Lesson learned: Kava's an alcohol alternative, not an addition.)

Anyway, you've got so many choices to choose from in Florida (Magic City, Kava Garden South of Fifth, Kava Kavern), that it's worth doing a bar crawl and checking as many kava bars as you can.

And if you've got a bachelor or bachelorette party coming up, kava bars in Florida are worthy contenders if you don't feel like ruining your special night with shots of tequila!

## Kava Bars in St. Petersburg, Florida

So this is the city Wally and I built our second business, I Need This Marketing, and let me tell you, there were plenty of amazing kava bars we worked in during our stay in St. Petersburg.

We owe these guys a lot for networking and having fun!

These kava bars were great places to relax, meet new people, and make memories.

(Admittedly, we also took some ideas from these kava bars for our kava bar in Monroe, Louisiana--sorry, that's the hustle!)

Now, here's the part that will interest you the most: St. Petersburg arguably has the most kava bars than anywhere else in the country.

Yep, notable examples include Bula Kafe and Grassroots Kava House.

These kava bars have been the cornerstones in building the alcohol alternative movement in Florida, and have helped shaped nightlife in America forever.

Check them out when you next visit!

## Kava Bars in Tampa, Florida

Kava bars in Florida...again??

Yes, yes, but I promise this is the last one.

The kava drink scene is largely concentrated in Florida and I think it's because Floridians are trend setters 😎

Anyway, head over SpookEasy Kava Lounge in Ybor City, a haunted speakeasy-style kava bar. That place is insane!!

Spooky ✅ a Speak Easy ✅, and a kava bar ✅ all in one -- talk about niching lol

But you know what, it just works. That place is such a cool vibe! I'm kind of jealous our kava bar in Monroe, Louisiana doesn't have a theme.

However, we cater to folks who want kava drinks with good lighting.

For example, Kava Culture Kava Bar in Tampa is pretty much that. A kava bar with no theme, but it's *bar-like place* that makes you feel excited to be part of the nightlife scene.

## Kava Bars in Brooklyn, New York

When Wally took a flight to Brooklyn, his first drop off point was the kava bar called "Brooklyn Kava", which has become a vibe for the residents there.

It's a bar that plays lo-fi beats, folks playing board games, and shells served in a chill, hipster-type setting.

Brooklynites love to hang out here because it's cozy, friendly, and just feels *cool*.

The next spot was Misfits Kava Bar which has a psychedelic atmosphere with church-like windows. Lots of good folk chatting, and a chance for dogs to mingle!

But yeah, honestly, the kava drinking scene is fresh in Brooklyn, but the bars that have popped up over there have done it right--zero teething issues.

## Kava Bars in Austin, Texas

Pay attention to the kava drinking scene in Austin!

Because of California's crazy tax rules, there's been an exodus of folks moving to Austin for tax purposes, and it's almost like the city's becoming the next LA or New York or something.

You can thank comedians like Joe Rogan for that. His comedy club, Comedy Mothership, is set up in Austin, along with other shows like Kill Tony.

Well, just a 10 min drive from the Comedy Mothership is SquareRut Kava Bar, which is basically Texan culture meets Kava culture.

You're going to be getting an extremely friendly experience with big personalities! And hey, if you like going out on Tuesdays, there's always happy hour.

Pro tip from Wally: It's definitely worth having a kava drink then checking out the comedy scene in Austin.

## Kava Bars in San Diego, California

San Diego's kava drinking scene is a vibe. Kava bars like the Kava Collective, actually uses strains from regions like Fiji, Vanuatu, and Hawaii, so you can trust you're getting high quality kava.

On top of that, you can drink late into the evening in places like Gather Coffee & Kava Bar, and get a tarot reading in places like Sunset Kava Lounge.

The kava culture is largely about creating a safe and healing space for all. And to be honest, us kava bar owners in Monroe, Louisiana, are all for it!

## Kava Bars in Monroe, Louisiana

Monroe, Louisiana has got a hidden charm and excitement going on at the moment.

And the reason why is because our bar (Visbar) is quickly becoming the central hub for kava drinking in Louisiana.

The locals are sick of the traditional nightlife in Monroe and crave a place they can go to drink kava, play games, dance to music, karaoke, and so on.

We're also building a network from our friends down in Florida, who stop over in Monroe just to try out our high quality kava drinks.

We're hoping to expand this network and built a community; a nightlife scene of kava drinkers who drink shells well into the night, and create memories, not hangovers.

Want to be part of our alcohol alternative community?

Come visit us in our kava bar in Monroe, Louisiana!

Until then,

Bula 🍷

## Blog 36: Why Monroe Locals Love Masur Museum of Art

Exploring Southern America has its hidden wonders:

Once you start ticking off all the famous landmarks and get off the beaten track, you'll find yourself at a historic home in Monroe, Louisiana called the Masur Museum of Art.

This place doesn't scream for your attention...but once you step inside, it *earns* it.

It's the kind of place that sneaks up on you with its charm: small, free to enter, and packed with enough rotating exhibits and local energy to make it a repeat destination for both residents and curious travelers.

From the moment you walk through the front door, there's a warmth to the place that's hard to fake.

Maybe it's the friendly staff who greet you like you've been there before. Maybe it's the creaky wood floors of the old house or the way sunlight filters through the tall windows and dances on the artwork.

Either way, it doesn't feel like a sterile gallery—it feels homely.

Despite its modest size, the Masur punches above its weight in curation.

## What's Going on with Masur Museum?

Every few weeks, you'll find a new exhibit hanging on the walls, ranging from regional up-and-comers to nationally recognised names.

Past shows have included pieces from George Rodrigue (of "Blue Dog" fame), contemporary textile work, African American collections like the Sutton Collection, and conceptual sculptures that spark more than a few conversations.



The variety is the magic.

One week you might be standing in front of a surrealist painting; the next, a woven installation that somehow pulls you into its story without saying a word.

Because it's a small space, you never feel overwhelmed.

You can actually slow down and look. So there's no fighting crowds or long queues. Just art, peace, and time to think.

That quiet simplicity makes it perfect for solo reflection, dates, or even bringing the kids along (a nice break from the craziness of Disneyworld).

Speaking of which—yes, it's surprisingly family-friendly.

Scavenger hunts, hands-on activities, and occasional free events like "Variety" days with music, coffee, and king cake have become a thing here. And to be honest, there's something refreshing about a museum that doesn't just tolerate children, but welcomes them.

## Final Thoughts

One thing you'll want to keep in mind: check the website or call before you go. Since exhibits change regularly, the museum does close for short stretches to install new work.

It's a small operation, so they need that reset time. But trust me, whatever comes next is usually worth the wait.

What's perhaps most underrated about the Masur is what it represents: a deep commitment to bringing culture to a part of the South that isn't always known for its art scene.

It offers locals and visitors a glimpse into the expansive possibilities of Southern expression—beyond clichés, beyond assumptions.

In short, the Masur Museum isn't flashy, but that's exactly why it works. It's sincere. It's dynamic. It's one of those rare spaces where art feels accessible without being dumbed down, and where a community has built something that punches well above its weight class.

## Blog 35: How the Kava Bar Craze Is Taking Over Monroe, Louisiana

Before I owned my kava bar in Monroe, Louisiana, I drank kava drinks for fun. And before I knew about kava, I was just rawdogging life.

The days of partying and feeling hungover were far behind me. I wanted to feel motivated in life and strive towards something purposeful. I couldn't do that with alcohol in the way.

Now, would you believe that I discovered kava--not from a blog article like this, or a YouTube video, or a friend trying to achieve Dry January--but from my own dad?

We spent hours and hours into the night, chatting about all sorts of things. About how he worked in the U.S. military and migrated to the U.S. during the Vietnam war. How he

started his maritime business. How he raised his children into the entrepreneurs we are today.

All the while, sipping on a kava drink, I listened, and we chatted, and sometimes...we debated.

Those were some beautiful memories--and we still chat like that till this day.

It's the reason why I opened up a kava bar in Monroe, Louisiana.

I knew--for a fact--that it was only a matter of time that others would share a similar experience to me.

They would eventually see kava drinks as this powerful alcohol alternative that gives you the buzz needed to get socializing and enjoying your time with others.

So I have a prediction:

Kava bars will become such a powerful alcohol alternative, it'll end up replacing the booze altogether.

People will start opting for kava bars, like ours (Visbar), to use as hangouts to chat with family, laugh with friends, and go on first dates.

They'll play chess, sing karaoke, read a book, do their homework, catch up friends from their childhood, chat with the bartender about philosophy--they'll do all this, and more, while drinking kava.

How do I know this?

Answer: It's already happening in our kava bar in Monroe, Louisiana. And there's no reason why it can't happen anywhere else.

But if you're still unsure about kava--what it is, is it safe, is it legal, can you drink it everyday--in 5 mins I'm going to teach you everything you need to know.

And by the end of this article, you're going to know so much about kava, you'll never want to drink booze ever again.

## What is Kava and Why Are People Loving It?

Kava comes from the roots of a Pacific Island plant, traditionally used in ceremonies for bringing people together and calming the mind.

When you drink kava, you don't get drunk, dizzy, or out of control.

You get relaxed, clear-headed, and ready to connect with the people around you.

It's like turning the volume down on stress and turning the volume up on good vibes.

People love it because it's a natural way to unwind, without the hangovers, regrets, or weird texts you wake up to after a night of drinking alcohol.

But here's the crazy part: most people in Monroe, Louisiana, don't even know it exists yet.

That's where our kava bar in Monroe, Louisiana, comes in.

We're not just serving kava drinks--we're introducing a whole new way to relax, recharge, and connect.

And let me tell you, once you try it, you'll wonder how you ever lived without it.

## Is Kava Safe, and Can You Drink It Every Day?

Short answer: Yes, it's safe. And yes, you can drink it every day.

But let's break it down because I know you're curious.

Kava works its magic thanks to compounds called kavalactones, which interact with your brain to reduce stress and promote relaxation.

Unlike alcohol, it doesn't mess with your judgment, wreck your liver (when consumed responsibly), or make you do things you'll regret.

Instead, it's like a deep exhale in a cup--relaxing without sedating, calming without dulling your mind.

Now, I won't lie to you--too much kava, or low-quality kava, can be hard on your liver.

That's why at our kava bar in Monroe, Louisiana, we only source premium, ethically harvested kava, prepared the way it's meant to be.

As for drinking it every day? You can, but like anything else, moderation is key.

Some people sip kava nightly to unwind, while others save it for special occasions or social gatherings.

**The beauty of kava is that it meets you where you're at.**

It's not about escaping life--it's about enjoying it fully, whether you're at a party, on a first date, or just hanging out with your dad, like me.

## Is Kava Legal in the U.S., and What's the Deal with Its Reputation?

Yes, kava is legal in the U.S., and yes, you can totally walk into our kava bar in Monroe, Louisiana, without worrying about cops coming to ruin your day.

But here's the thing: kava hasn't always had it easy.

Back in the day, some countries banned it because of concerns about liver damage, mostly from low-quality products or improper preparation.

(FYI at our kava bar in Monroe, Louisiana, we ensure all our kava is up to standards.)

Even now, some people hear the word "kava" and think it's something sketchy, which couldn't be further from the truth.

Pacific Island cultures have been drinking kava for centuries, and they're not exactly out there banning it.

In fact, kava is a key part of their ceremonies, gatherings, and everyday life--it's about respect, connection, and good vibes.

So what's the real real problem? Kava threatens two big industries: alcohol and pharmaceuticals.

**Because it's a natural, healthy alternative to both.**

So yeah, it's no surprise some people out there would rather you not hear about it.

But here's the thing: kava is gaining traction because it works.

More and more people are finding it to be the perfect alcohol alternative, especially when they're looking for something safe, natural, and community-focused.

And in our kava bar in Monroe, Louisiana, we're proving that one shell at a time.

## What Does Kava Feel Like?

Visualize this, my fellow Cajun, the calm you get from sitting on your porch during a Louisiana sunset, **but in drink form.**

That's what kava feels like.

You won't get wild or out of control. it's about dialing back the stress and turning up the good vibes.

Some people say it feels like a warm blanket for your mind.

Others compare it to that first deep breath after a long day when everything just slows down.

The coolest part in all this is that it keeps you clear-headed and present.

You might feel more relaxed, more open to conversation, and maybe even a little lighter on your feet.

It's why kava is called the "social drink" in Pacific Island cultures--it helps you connect without the messiness of alcohol.

At our kava bar in Monroe, Louisiana, we love watching first-timers take that first sip and lean back with a grin, like, "Oh, I get it now."

That's the magic of kava.

## How Does Kava Compare to Alcohol?

Kava and alcohol couldn't be more different.

Alcohol makes you feel bold but can leave you hazy, while kava helps you relax and keeps your mind sharp.

Drinking alcohol often means trading one good night for a rough morning, but with kava, you wake up ready to take on the day.

It's the perfect drink for people who want the vibe of a social night without the downsides of booze.

Kava doesn't dull your reflexes, slow your thoughts, or cloud your decisions.

It's the reason why so many folks hang out at our kava bar in Monroe, Louisiana.

## Who Should (or Shouldn't) Drink Kava?

Kava is for anyone looking to relax, unwind, and connect without the chaos that alcohol often brings.

It's perfect for those who want a social buzz without the hangover, whether you're catching up with friends or winding down after a long day.

If you've ever felt out of place at a regular bar because alcohol isn't your thing, kava is the perfect alternative.

That said, not everyone should jump into the kava craze without a little caution.

If you're pregnant, breastfeeding, or have liver issues, it's best to consult your doctor before sipping on kava.



And while kava is non-addictive, moderation is still key--overindulging won't make it better, just stronger.

For newcomers, we recommend starting slow, letting your body adjust, and seeing how you feel.

As for our kava bar in Monroe, Louisiana, we welcome everyone to our bar.

More on that...now!

## Why You Need to Visit Visbar: The Kava Bar in Monroe, Louisiana

Has there ever been a bar you've gone to where you can show up as you are and leave, feeling better than when you came in?

At our kava bar in Monroe, Louisiana, that's exactly how you'll feel.

No judgment, no pressure, but a place to call home.

A place for connection, conversation, and calm in the heart of Monroe.

If you've ever felt like alcohol wasn't for you, or you're searching for a healthier way to socialize, come visit our kava bar in Monroe, Louisiana!

At Visbar, we see strangers become friends and friends become family, all over a simple kava drink.

It's a place where you can laugh, reflect, dream, or just exist, all while sipping on something powerful.

Our kava drinks are crafted with care, sourced responsibly, and served with the intention of helping you relax, recharge, and reconnect.

So, what's stopping you?

We're waiting for you--right here in Monroe, Louisiana, at the kava bar where everyone belongs.

Here's our address: **1100 Sterlington Rd Suite C, Monroe, LA 71203.**

We're open 12pm-9pm every day (12pm-6pm on Sundays).

Come and have a shell!

## Blog 34: Antique Alley: Monroe's Best Stroll for Treasure and Vibes

There's something sacred about taking your time.

And that's what Antique Alley in Monroe, Louisiana gives you—a place to slow down, breathe deep, and lose yourself in the past for a little while.

Wander down Trenton Street and you'll see what folks mean when they say "local charm."

Old buildings with stories etched into their bricks. Shops filled with glassware, records, faded books, and unexpected memories.

It's about *feeling* something again, the shopping part is complimentary.

### Come for the Antiques, Stay for the Energy

Not every shop is floor-to-ceiling antiques—some are quirky boutiques, others vintage-curated, and a few just feel like someone's attic exploded lol

But even the mix is part of the magic.

Some come looking for treasure. Others come just to walk, to talk, to be reminded that not everything needs to move at full speed.

## People Make the Place

From the owners of Memory Lane Antiques to that one guy at Ouachita River Trading Co. who seems to know the history of *everything*—this street is full of characters.

Friendly. Honest. Southern in that way that means *real hospitality*, not just a smile for the tourists.

Even the buildings are loved here. Folks have poured their hearts into restorations that keep Monroe's story alive.

## When You Need a Break: Sip Something Local

After a long stroll and a few surprise finds, hit up **Visbar**, the **kava bar in Monroe, Louisiana**, 11 min drive from Alley.

It's not your average drink spot.

No buzz, no booze—just a shell of kava that chills you out without making you slow.

The perfect counterbalance to a day of digging through dusty treasures.

## Final Thought: Come As You Are

Antique Alley isn't trying to impress you.

It's just being itself—gently worn, deeply loved, and proud of its weird little soul.

And that's what makes it worth visiting.

If you're nearby, stop in.

If you're far, make it part of your trip.

And don't forget to grab a shell at **Visbar**, where the good vibes keep flowing—even when the shops close.

## Blog 33: Why is kava still controversial in some parts of the world?

Here's what the alcohol and pharmaceutical industry don't want you to know:

In the early 2000s, Germany banned kava after reports that suggested liver toxicity.

The pharmaceutical industry was suspected of amplifying these concerns, as kava was increasingly used for anxiety--a condition typically treated with prescription drugs.

Years later, courts overturned the ban due to lack of solid evidence linking kava to liver issues, but the impact for kava has been pretty damaging ever since.

Why did this happen to begin with?

Answer: Big Pharma is famously known for orchestrating scientific studies that benefit drugs they can profit off, while trying to block safer, healthier alternatives.

We're talking about the biggest industry in the entire U.S.A.

Big men in suits are lobbying politicians and bureaucrats to shape the law their way to be anti-kava and anti-kratom. We suspect this to be true, because we've experienced this first hand.

For example, at our kava bar in Monroe, Louisiana, we fought at the local parish to reverse the ban on kratom, after an "overdose" story appeared on the news.

What the media failed to mention was the toxicity report which revealed other drugs were involved.

Call me a conspiracy theorist but people behind closed doors use these stories to orchestrate fundamental shifts in policy change that favor certain industries...

Is there any evidence for it? Nope.

Call it intuition since it didn't seem like lawmakers took a neutral approach to this issue and ended up banning kratom in our local parish.

Now, since most people don't know what kava or kratom is, most people are none the wiser about this injustice.

It's crazy to think that alcohol alternatives like kava drinks are healthier than alcohol, safer than alcohol, less addicting than alcohol, and yet are constantly under the radar by politicians, the media, and big men in suits.

So, what I'm about to say next should be no surprise...

Which countries is kava banned in?

**United Kingdom:** It's illegal to sell, supply, or import kava for human consumption. You can drink it, but you can't sell kava drinks or own a kava bar.

The politicians in the UK won't ever say why but it's obvious: traditional British pubs don't do all that well nowadays as people tend to drink less alcohol.

In 2024, the UK saw 412 pubs close their doors for good--the steepest drop since 2021--bringing the total below 39,000 for the first time (The Times).

Can you imagine what kava bars would do to the pub industry?

**Netherlands:** The preparation, manufacture, or trade of kava or goods containing kava is prohibited.

**Australia:** Kava is legal but heavily regulated.

As of 2022, travelers can bring up to 4 kilograms for personal use, but importing larger quantities requires a license.

**Canada:** Kava is legal for personal use, and individuals can import up to a three-month supply. However, selling kava within Canada requires product registration with Health Canada.

So don't be expecting to see kava bars in Canada any time soon.

**Germany:** Germany banned kava in 2002 due to health concerns but lifted the ban in 2014. Currently, kava-based pharmaceutical preparations are available by prescription, with strict regulations in place.

**Poland:** Previously, Poland had an outright ban on kava, including possession. However, as of August 2018, kava is no longer listed among prohibited substances, making possession, import, and consumption legal.

Selling kava for human consumption within Poland remains illegal.

**Switzerland and France:** Both countries have regulations controlling the sale of kava, often requiring it to be sold in specific forms or with certain restrictions.

Makes you question the idea that kava is good for, doesn't it?

Now let's break the science from the politics...

How does kava compare to alcohol in terms of safety and social acceptance?

Despite being a safer and healthier alternative to alcohol, kava is banned in an *unfair* amount of countries. But this has everything to do with politics, and nothing to do with health and safety.

Let me explain:

Most of the health concerns on kava is based on anecdotal evidence.

Kava is non-addictive, doesn't impair cognitive function long-term, and has no impact on the liver when consumed *responsibly*.

Alcohol, on the other hand, has well-documented risks, including addiction, liver disease, cardiovascular problems, and mental health effects.

Chronic misuse leads to serious health conditions like cirrhosis and neurological damage.

And yet alcohol is legal and socially normalized in most parts of the world.

Meanwhile, kava is widely accepted and revered in Pacific Island cultures, where it's used ceremonially and socially, but banned in a long list of countries in the west (more on that later).

As you can see, you start to see a huge distinction between the science and the politics of kava.

Does kava have addictive properties, or is that a myth?

Let's say it loudly for the politicians in the back: Myth, myth, and myth!

Kava drinks have ZERO addictive properties.

Kava does not lead to the kind of physical dependency or withdrawal symptoms seen with alcohol or drugs like benzodiazepines.

And we know this to be true because in Pacific Island cultures, where kava has been consumed for centuries, there is no historical record of widespread dependency.



So, what's going on?

Answer: As a non-Western plant medicine, kava faced skepticism and scrutiny, especially when introduced to Europe and the U.S.

For example, early Western studies and media reports lumped kava into the same category as alcohol or recreational drugs without considering cultural context or preparation methods.

This leads me to the next part...

Why is there more controversy about kava in some Western countries than in others?

I'm gonna be a little bold here and say the issue with kava drinks comes down to what I like to call "ethnocentrism"

When it comes to substances with indigenous or non-Western origins, politicians and the media will viciously attack these substances to prevent them from being legalized in the U.S.

They did it with marijuana and they did it with kratom.

In this instance, kava threatens two major industries...

Pharmaceuticals: Kava is used to treat anxiety and stress. It's a natural alternative to prescription drugs. This challenges the profit margins of pharmaceutical companies.

Alcohol Industry: Kava is promoted as a social drink alternative to alcohol. So naturally kava bars are fierce competition. And why compete with kava bars when you can influence regulations to restrict availability?

Are there any Kava bars in the USA?

Here's the good news: there are plenty of kava bars in the USA. Check out our best kava bars across the U.S.A. to find one close to you.

In fact, we own a kava bar here in Monroe, Louisiana called Visbar.

Kava bars like ours exist because of kava's rising popularity as a natural alternative to alcohol.

It helps people to relax and connect with others, without having to suffer a hangover the next day.

But just because kava bars are legal now, doesn't mean they won't be in the future.

The politicians and the media have already attempted to ban kratom (some parishes have succeeded). Folks in the wellness space are concerned kava will be next.

So, if you want to support the kava community, and help local businesses, please come to our kava bar, enjoy a drink, and get involved.

The more people who break free from the chains of the alcohol culture, the more likely kava bars will survive in the next century.

Peace!

## Blog 32: Louisiana's African-American Museum Redefines Art & Monroe

Can I be honest with you?

I grew up in Monroe, I had my first date in Monroe, most of my friends live in Monroe, and I even opened a kava bar in Monroe.

And yet, despite all this, I had never visited Northeast Louisiana Delta African-American Heritage Museum.

Crazy! Because I would argue it's one of the best places you could visit in Monroe, Louisiana. Hands down.

You might not believe me.

You might say:

“A museum, Phung? Really? The best place in Monroe?”

Yep, I will die on that hill.

Here's why:

## More People Need To Know About Northeast Louisiana African American Museum in Monroe, Louisiana

One sunny Saturday afternoon I took a drive down to the Northeast Louisiana African American Museum in Monroe.

Reviews said it was pretty good, and I had nothing better to do, so why not?

Now, the Northeast Louisiana African American Museum hasn't gotten the popularity it deserves (which is why I'm writing this now). And immediately upon entering, you'd really wish it was the most popular museum in Louisiana.

Aside from the obvious – a deep and heartfelt appreciation for African American history – they've got works from Don Cincone!

This guy knows how to combine realism with abstractism. (And give Vincent Van Gogh a run for his money).

You know when a painting makes you stare at it for hours? Almost like you're taken in by the world he's created? You'll get that in the Northeast Louisiana African American Museum, for sure.

It ain't just the art that makes this place special either.

It's also the friendly interactions with the staff. They really know their stuff and they're always happy to help -- which is dope.

Now, the museum also doubles as an event space.

So as a person of color myself, it's nice to see other communities of color come together, showcase their work, support one another, and remind ourselves of where we come from.

Which leads me to my final point:

AI is transforming the way we see art, music, writing; creativity.

It's mimicking skill and talent at an impressive level.

But you know what it will never replace?

It will never replace that feeling of seeing a friend showcase their painting in the Northeast Louisiana Delta African-American Heritage Museum.

(Sidenote: Maybe they cut down the name a little?)

Whether you're black, white, asian or latino, support your communities, and support your creatives!

Come visit the Northeast Louisiana Delta African-American Heritage Museum and remind folks that art and history is alive and kicking.

Northeast Louisiana Delta African-American Heritage Museum isn't *just* the best place in Monroe because it deserves to be.

It's the best place in Monroe, Louisiana because it *needs* to be!

<https://maps.app.goo.gl/ipMRT2tQgZg9H2U26>

# Blog 31: The Comprehensive Guide to Brain Relaxation Through Kava, THC Gummies, & More

When drinking kava, taking gummies, or sipping on tea, it's typical to ask the question: "Is what I'm consuming right now healthy for my brain?"

Many substances promise to melt stress, enhance focus, or help you unwind. But it's easy to get mixed up in all the politics - is something healthy because it's legal? Likewise, is the government banning me from consuming something unhealthy?

In this article, we will separate the politics from the science. We want to create a perfect illustration of how your brain will be shaped when using all of these relaxing substances.

Let's jump in with the one substance we tell our customers to **NEVER** drink:

## Is alcohol bad for your health?

There's a reason why alcohol alternatives appear non-existent while beer, wine, and vodka is the drink of choice across the world.

This \$1.7 trillion industry has done a good job of downplaying its impact to your body and your brain.

So, what's going on?

Alcohol amplifies gamma-aminobutyric acid (GABA), the neurotransmitter responsible for calming overactive brain activity. This creates a sense of relaxation and reduced anxiety.

It also simultaneously inhibits glutamate, an excitatory neurotransmitter. This slows down brain activity, contributing to impaired judgment, sluggish reflexes, and that “foggy” feeling.

Finally, alcohol hijacks the brain’s reward system, flooding it with dopamine. This spike in the “feel-good” neurotransmitter leads to euphoria and reinforces the desire to keep drinking.

Here’s the bad news:

Drinking alcohol damages neurons and reduces brain volume, especially in areas responsible for memory (hippocampus) and decision-making (prefrontal cortex).

If you’re slogging down those beers all the time, your brain reduces its natural production of GABA and dopamine, creating dependency and withdrawal symptoms.

In any other universe, alcohol would be treated on the same level as heroin or crack cocaine.

And yet, because of its cultural heritage, it remains the most popular, despite being the least unhealthy relaxant out there.

## Are THC gummies & weed safe for daily use?

THC, the psychoactive compound in marijuana and THC gummies, binds to CB1 receptors in the brain, which are concentrated in areas controlling memory, emotion, and coordination.

THC reduces chronic pain by interacting with the body's endocannabinoid system. Many people use them for stress relief or to help with sleep, as THC promotes relaxation and deepens rest.

It's been great for nausea relief, especially for chemotherapy patients because THC relaxes your muscles.

Gummies are the healthier option compared to smoking because they don't harm the lungs and offer a more controlled dose.

However, overuse or high doses lead to issues like anxiety or dependency, so moderation is key when using them.

## Does valerian root actually work for sleep?

Valerian root has been used for centuries as a natural remedy for insomnia and anxiety.

Known as "nature's Valium," it's often taken as a tea, capsule, or tincture to help calm the mind and promote restful sleep. But how does it actually work on your brain?

The active compounds in valerian root increase the availability of GABA, the brain's primary calming neurotransmitter.

GABA acts like a natural brake system for your brain, slowing down overactive neural pathways and reducing stress.



By enhancing GABA, valerian helps you feel relaxed without the heavy sedation that comes with pharmaceutical drugs.

Valerian root also interacts with adenosine receptors in the brain. Adenosine builds up throughout the day, signaling to your body that it's time to rest.

By amplifying this natural process, valerian root makes it easier to fall asleep and **stay asleep**.

Unlike substances like alcohol, valerian doesn't disrupt your sleep architecture.

Instead, it supports the deep, restorative phases of sleep that are essential for brain health. This makes it a gentler and healthier option for those struggling with restlessness or mild anxiety.

However, valerian isn't without its drawbacks. Some people may experience grogginess or digestive discomfort, especially if they take too much.

It's not a quick fix by any means but valerian works best when used consistently over time rather than as an immediate remedy.

## Is kratom safe?

Kratom, derived from the leaves of a tropical tree native to Southeast Asia, occupies a unique and controversial space in the world of relaxation substances.

Used traditionally for its energizing and pain-relieving effects, kratom has gained popularity in modern wellness circles. But what does it really do to your brain?

The primary active compounds in kratom, mitragynine and 7-hydroxymitragynine, bind to the brain's opioid receptors.

These receptors are part of the brain's pain and reward systems, which is why kratom can mimic the effects of opioids like morphine but in a less potent form.

At low doses, kratom acts as a stimulant, increasing energy and focus. At higher doses, it shifts gears, producing sedation and pain relief.

This dual effect makes kratom appealing to those seeking both relaxation and a mood lift.

It triggers the release of dopamine, the neurotransmitter associated with pleasure and reward, while also enhancing endorphins, your body's natural painkillers. This combination leads to feelings of euphoria and reduced stress.

The downside?

Because it interacts with opioid receptors, regular use leads to dependency, and withdrawal symptoms can mimic those of traditional opioids.

Regardless, drinking kratom is safe but only when you drink it *mindfully*.

## Can you drink kava every day?

Kava, a drink made from the roots of the kava plant, has been used for centuries in Pacific Island cultures for ceremonial and social purposes.

Known for its calming effects, kava has gained global popularity as a natural alternative for reducing stress and anxiety.

The calming effects of kava come from compounds called kavalactones. These active ingredients work by enhancing the activity of GABA, a neurotransmitter that quiets overactive brain signals.

By increasing GABA levels, kava induces a sense of relaxation and calm, making it effective for easing stress and social anxiety without impairing cognitive function.

What makes kava appealing is its ability to calm the mind without sedating the body.

Unlike alcohol or sedatives, kava allows you to remain alert and focused while feeling relaxed. This makes it an ideal option for unwinding after a long day.

The one downside with kava is that its been linked to liver damage, though in our opinion that's less about the science and more to do with the politics against kava.

When you consume poorly prepared kava products this can be taxing to your liver - though by no means on the same level as alcohol. The only reason why kava gets flack is because it's a legitimate alcohol alternative and it's new to the market.

Regardless, at our kava bar in Monroe, Louisiana, we celebrate this alcohol alternative by ensuring that the kava we sell has been made properly and is 100% safe.

## One final thought about Kava and Brain Relaxation

Did you know that young folks are drinking less alcohol compared to older generations? For example, Monitoring the Future study revealed that alcohol use among 12th graders decreased from 51.9% in 2022 to 45.7% in 2023.

That's crazy, right?

When I was their age, I was chugging beers through tubes and drinking jungle juice to 3am. It was all part of the culture back then...

But now the culture has changed. People are waking up to new ways to have fun. Safe alcohol alternatives are coming to the market which have all the benefits of alcohol, with none of the downsides.

Kava drinks are a prime example of this, since it has a buzz similar to feeling tipsy.

At our kava bar in Monroe, Louisiana, we're building a movement of people who want to break free from the old concept: that just because something makes you feel relaxed and happy, doesn't mean you should suffer from it the next day.

When you come and have a kava drink in our bar in Monroe, Louisiana, you'll have a place to hangout, chill with friends, drink kava, all the while sticking to your health and wellness goals.

And you don't don't need to wait to the evening to drink kava either. You can stop by in the morning, at lunch, or the late afternoon. Whatever suits your schedule for a healthy mindset.

Come visit our kava bar in Monroe, Louisiana!

Bula 🙌

## Blog 30: There are no weak links at Warehouse No 1 Restaurant in Monroe, Louisiana

I'm going to say something a little bit controversial here: It's often typical for restaurants to have one or two tasty dishes and get a bunch of five star ratings because of it.

They build their entire business around these signature dishes.

And if it's something as simple as spaghetti or a cheeseburger, you can bet most folks will end up buying the regular stuff all the time!

But what makes Warehouse No. 1 in Monroe, Louisiana stand apart from the herd is the ***consistency in quality***, no matter what dish you choose from.

Let's break it down real quick:

The hush puppies have me thinking it's okay to ruin my diet.

Their bread pudding could win an Olympic gold medal in desserts.

The bacon-wrapped duck has made it official: I'll never go vegan.

The shrimp and grits makes me proud to be a Cajun.

The blackened redfish with jalapeño grits has me wishing I could marry food.

The creamy crab bisque makes me think I'll marry the food anyway.

Honestly, I don't know how they did it, but the menu is stacked with hits.

Everything is fresh, cooked perfectly, and seasoned just right, which is rare in a world of over-salted dishes.

And it's arguably the only place in Monroe where you get five-star food without the five-star price tag.

Now, don't let the word "warehouse" fool you; this place feels more like a cozy riverfront restaurant, tucked on the Ouachita River, than an *actual* warehouse.

For example, they have live piano music that turns off “work mode” like a click in your brain. And if you’re already enjoying your weekend, get ready to feel that joy a little deeper.

So yeah, this place is perfect for first dates, nights out with friends, and filling your stomach with addictive recipes.

(I’m saving this place as my vendor for my future wedding.)

For now, all I ask is that if you visit Warehouse No 1 Restaurant in Monroe, Louisiana, that you **don’t** order the same thing next time!

(As tempting as that that might be...and ***it is tempting.***)

Instead, keep trying new dishes every single time, and you’ll see exactly what I mean.

Take my money, Warehouse No 1!! 💰

Blog 29: Avoid these 7 common kava mistakes and sip like a seasoned kava lover.

*6 min read*

Kava is quietly gaining momentum as the drink of choice for those seeking a relaxed, mindful experience.

More people are turning to kava as a calming alcohol alternative, but here’s the catch...most folks don’t know how to drink it *properly*.

Just like alcohol has its own set of do's and don'ts (no double-fisting at a wedding toast or spilling your margarita during karaoke), kava comes with its own traditions and etiquette.

From clapping before your first sip to avoiding the temptation to chug it like a beer, kava drinking is about respect – for the drink, for the culture, and for the chill vibe it brings.

If you're new to kava, don't worry. In this guide, we'll walk you through the 7 most common mistakes people make when drinking kava and show you how to enjoy every shell like a seasoned pro.

## Mistake #1 – Skipping the 'Bula!' Before Drinking Kava

Drinking kava is about connecting - with the drink, the moment, and the people around you.

One of the most important rituals in kava culture is the "Bula!" toast, a cheerful shout similar to clinking glasses with friends over a round of drinks.

Why does this matter?

Saying "Bula!" (a Fijian word meaning "life" or "health") honors the communal roots of kava and sets the tone for a shared experience.

It's a gesture of respect and good vibes.

## Mistake #2 – Chugging Kava Like It's a Beer

If you're used to downing your drink in one go, kava is here to teach you patience.

Unlike beer or shots, kava isn't meant to be rushed. Its earthy flavor and calming effects are best appreciated when you take your time.

Chugging it not only robs you of the full experience but can also feel disrespectful to the tradition it represents.

Instead, approach a kava drink like a ritual.

Sip it slowly, let its natural taste settle on your palate, and allow the calming effects to unfold gradually.

The days of chugging are gone! This is the moment to unwind and savor.

### Mistake #3 – Ignoring the Traditional Shell for Kava Drinks

At its core, kava drinking is steeped in tradition, and one of the most iconic elements of this tradition is the coconut shell or ceremonial bowl.

Skipping this and opting for a regular glass might seem trivial, but it strips away part of what makes kava drinks so special.

However, we'd be hippocrates by suggesting you should always drink from the shell. At our kava bar in Monroe, LA, we serve kava drinks in glasses all the time.

Our argument is that drinking kava from a shell connects you to its Pacific Island roots. It's a reminder that kava is more than just an alcohol alternative - it's a cultural experience meant to be enjoyed with intention.

So we suggest, once in a while, drink from the shell to get this experience!



## Mistake #4 – Mixing Kava With Alcohol

Kava is a powerful alcohol alternative, and it's the reason why the alcohol industry feels so threatened.

Mixing kava with alcohol, however? That's a BIG no no.

Not only does it defeat the purpose of drinking kava for relaxation and mindfulness, but it can also pose risks to your health.

Kava and alcohol both affect the central nervous system, and combining the two leads to unwanted side effects like drowsiness or nausea.

Plus, it undermines kava's role as a natural, mindful alternative to alcohol-heavy socializing.

At our kava bar Visbar in Monroe, LA, we don't sell alcohol, and we never will.

## Mistake #5 – Overindulging on Your First Kava Drink

Kava's effects are subtle for first-timers due to what's known as "reverse tolerance."

This means your body may take a few sessions to fully experience the calming and grounding benefits of kava.

Many newcomers make the mistake of drinking too much too soon, expecting immediate effects.

But overindulging leads to discomfort and makes you hesitant to try kava again.

Drinking it mindfully allows you to build a connection with the experience and the culture behind it.

At our kava bar in Monroe, LA, we always recommend starting with smaller portions and savoring each shell.

It's about creating a relaxing, balanced experience, not rushing to feel something right away.

## Mistake #6 – Disrupting the Chill Vibe of a Kava Bar

Kava bars aren't like typical bars.

They're spaces designed for relaxation, mindfulness, and connection.

Walking in with the rowdy energy of a typical Friday night will feel out of place and even disrupt the tranquil atmosphere others are seeking.

Drinking kava is about slowing down and embracing a peaceful state of mind.

Whether you're sipping alone or with friends, the vibe at a kava bar like Visbar in Monroe, LA, is all about calm conversation, quiet reflection, and good company.

## Mistake #7 – Assuming All Kava Drinks Are the Same

One of the most exciting aspects of exploring kava is the sheer variety it offers.

From kava that promotes focus and social energy to kava that's perfect for unwinding after a long day, there's a drink for every mood and moment.

Yet, many newcomers make the mistake of assuming all kava drinks are alike.

Different kava types produce different effects, and understanding these variations enhances your experience.

Trying one type and dismissing the rest means you could miss out on discovering your ideal kava drink.

At Visbar, our kava bar in Monroe, LA, we offer a range of kava drinks to suit your vibe.

We've got hormone balancers, super fusion blends, hazelnut blend, orange energy tea, blackberry energy tea, berry limeaid blast, and much much more!

## Why Visbar Is the Perfect Place to Begin Your Kava Journey

At Visbar, our kava bar in Monroe, LA, we're building a community around kava.

We want to welcome first-timers and seasoned kava lovers alike to come feel at home, explore the rich variety of kava drinks, and learn how to enjoy kava in the most authentic way possible.

Our team doesn't just serve kava; we're passionate about sharing its traditions and helping you find your perfect way to relax.

We're here to guide you through the experience with warmth, knowledge, and maybe even a few stories to tell.

When you visit Visbar, you're stepping into a space where mindfulness, culture, and connection come together.

So, we invite you to sit with us, sip with us, and say: "Bula!"

## Blog 28: The secret to Genusa's Italian Restaurant 50 years of unparalleled cuisine

When I googled Genusa's Italian Restaurant in Monroe, Louisiana, I learned something that years of marketing never taught me:

I click on the guy's website, it takes you to a Facebook page, and it's just a picture of the owner sitting on a chair, smoking a cigar.

LMAO!

No logo. No website SEO. Nothing!

Most marketers would scratch their head, wondering how this guy's been running his business for the last two decades.

When I popped on over to Genusa's Italian Restaurant in Monroe, Louisiana, I totally got it.

And by the end of this article, so will you.

What's this deal with Genusa's Italian Restaurant in Monroe, Louisiana?

Okay, here's their secret:

For over 50 years, this family-owned gem has mastered the art of blending Italian tradition with Southern charm.

That's a deadly combo, right there!

But what exactly do I mean?

Well, every bite is a testament to three generations of recipes crafted with love and precision...

...from *arguably* the best places in the world for food – Southern U.S. and Italy. (Don't hate me)

When I ate their bone-in filet and the seafood pasta, I had this sudden urge to behave like Plankton and steal their Krabby Patty formula (I resisted in the end)

The atmosphere is equally unforgettable, balancing cozy candlelight with an air of elegance. And the crazy thing about it is...according to customers, the restaurant has looked the same ***for the last 20 years.***

Crazy, right?

And supposedly they've been in business for 50 years!

Can we officially recognize Genusa's Italian Restaurant as a historic landmark?

As for the staff, they're attentive, kind, and never overbearing. They understand that good food is about connection, laughter, and savoring the moment.

So, what's their secret? How have they survived for 50 years in business?

The secret to Genusa's Italian Restaurant isn't complicated: it's passion, tradition, and learning over time.

They had things that worked for their restaurant and kept with it. So Genusa's doesn't need a fancy website or a marketing team.

They don't need a mascot, a logo, or an Instagram page.

None of that malarkey. The food and the atmosphere speaks for itself.

Wouldn't you agree?

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Blog 27: What should you eat with your kava drink? Here are the TOP FOUR tastiest options.

*5 min read*

Just because food mellows out the effects of your kava drink doesn't mean you're wasting your time.

It's like pairing wine with a meal - it's all about the experience. You still get to feel that relaxing vibe kava is famous for, but kava's earthy, grounding flavor is practically begging for the right food partner.

The trick is to pick something that enhances the drink without overshadowing it.

And no, we're not just talking about cheeseburgers and fries.

Drinking kava is a cultural experience. And in this article, we shine a light on this cultural experience by pairing kava with its best food!

## Kava Drinks & Tropical Fruit

Kava is known for its earthy flavor and calming effects, so a burst of sweetness can elevate the experience even more, kind of like how sugar balances the sour taste of tomatoes.

Tropical fruits are perfect example of this.

Fruits like mango, pineapple, and papaya bring a natural sweetness that balances kava's earthy tones without overpowering them.

Their juiciness adds a refreshing contrast, making every sip of your kava drink feel exotic.

Plus, these fruits are light and hydrating, which means they won't weigh you down or distract from kava's relaxing effects.

Many kava bars in the Pacific Islands serve fresh fruit alongside kava, celebrating both the drink and the culture it comes from.

So you're not just enjoying a snack; you're honoring the traditions that make kava special.

## Kava Drinks & Light, Savory Snacks

Sometimes, the best pairing for a kava drink is something simple and savory.

Light snacks like crackers, hummus, roasted nuts, or veggie chips are perfect partners for kava's earthy flavor.

They're easy to nibble on without overpowering the drink or dulling its calming effects.

But why do light snacks work?

Answer: the crunch of a cracker or the creamy richness of hummus enhances the experience without competing with the kava's natural profile.

Plus, they're light enough not to weigh you down, so you can still enjoy the relaxing effects of your kava drink.

Finally, if you're using kava as an alcohol alternative, light snacks are an excellent choice.

They're much healthier than the heavy fried foods often paired with alcohol. Think of them as the mindful choice to match the calm, intentional experience kava provides.



## Kava Drinks & Fresh Seafood

Think grilled shrimp, sushi, or ceviche - light and flavorful dishes that culturally enrich your kava experience.

The lightness of dishes like sushi or ceviche won't dull kava's relaxing effects, and the subtle saltiness enhances kava's natural profile.

This is a pairing that feels just as at home in a coastal kava bar as it does at your own dinner table.

Why you might ask?

Seafood and kava both share a connection to island culture, making the pairing feel authentic and meaningful.

So if you're enjoying kava as an alcohol alternative, seafood is a refreshing break from the heavy, greasy bar food that's typically paired with beer or cocktails.

The light, healthy nature of seafood aligns with kava's mindful and calming vibe.

## Kava Drinks & Island-Inspired Dishes

Nothing pairs with a kava drink quite like island-inspired foods.

These dishes, rooted in the same tropical regions as kava, elevate your experience by connecting you to its cultural origins.

Think poke bowls, taro chips, or grilled plantains - fresh, flavorful, and steeped in tradition.

Also, these foods often highlight simple, whole ingredients, which resonate with the calming and mindful vibe of enjoying a kava drink.

Pairing it with traditional foods like grilled plantains or cassava chips celebrates the heritage of kava while creating a full sensory experience.

When you choose these dishes, you're not just enjoying a meal; you're honoring the traditions that kava represents.

## Our Kava Bar in Monroe, LA.

At our kava bar in Monroe, LA, we focus on what matters most: delivering an authentic and relaxing kava experience in a welcoming environment.

While we don't serve food just yet, we're on a mission to celebrate kava culture and create an alcohol alternative environment.

For example, we serve fruit-flavoured kava drinks similar to how in Fijian ceremonies, kava and pineapple, mango, or bananas are enjoyed before or after the ceremonies.

We also serve Vietnamese iced coffee – a secret recipe passed down from my dad when he lived in Vietnam.

How you decide to drink kava is up to you!

But in our kava bar in Monroe, LA, we can show you how to celebrate the culture of kava, and learn what it means to be spiritually connected to a lifestyle free from binge-drinking culture.

Bula 🙌

Phung, Visbar

## Blog 26: Sip Slow, Stay a While at Landry Vineyards in Monroe

Tucked into the rolling hills of Monroe, Louisiana, this family-run vineyard has quietly become one of the region's best-kept charms.

If you ask anyone who's stayed there, tasted the wine, or met Jeff and Libby Landry, they'll tell you the same thing:

You'll want to come back before you've even left.

### One of the Best Stops I Made in Monroe

I didn't plan to fall in love with this place but a few friends were visiting Monroe, and we thought we'd stop by.

Landry Vineyards isn't big or flashy, but it's peaceful, it's welcoming, and it's run by people who clearly care about what they're doing.

We showed up for a tasting and ended up staying longer than expected. The vineyard is beautiful, tucked away just enough to feel like you've escaped the noise without being hard to get to.

## The Wine Was Genuinely Good

I've been to wineries where the wine feels like an afterthought—this wasn't that.

We tried a few different kinds (sweet muscadines, dry reds, a rosé), and while not every one was for me, there were definitely a couple that stood out.

(My friend ended up buying a few bottles to take home, which wasn't part of the plan lol)

The tasting setup was chill. No sales pressure. Just someone who knew the wines and could tell you where they came from or what to pair them with.

## Perfect If You Want to Stay the Night

We didn't stay overnight, but if we come back, we're booking one of the cottages.

They sit right by the vineyard with great views—cozy and quiet. If you're doing a couples trip or want a base near Monroe that's not a chain hotel, this is the spot.

I also noticed they had plenty of RV space. Looks like a solid Harvest Host setup if you're road-tripping.

## Local Vibe, No Fuss

There was live music going on while we were there, just a casual setup outside.

People brought chairs, had wine flights, and just hung out. It wasn't a huge event, and that's what made it feel good. No pressure to "do something." Just be there.

## Final Thoughts

Landry Vineyards in Monroe is for fans of wine and being in nature.

But if you're not much of a drinker and you think being bit by mosquitoes ain't your thing, try out our kava bar in Monroe, Louisiana.

It's an alcohol alternative bar for folks who want to relax and feel a buzz, without the hangovers!

## Blog 25: How kava is quietly fighting climate change

*3 min read*

The alcohol industry is thirsty. It takes up to 300 liters of water to produce just one liter of beer.

For wine, the numbers are even worse – 870 gallons of water for a single gallon of wine. Then there's the deforestation, the chemical-heavy farming, and the 1.5% of global greenhouse gas emissions tied directly to alcohol production.

But there's a different story being written in small farms across the Pacific. Kava, a traditional plant with calming effects, offers a path forward that's better for the planet.

It doesn't need excessive water. It doesn't clear forests. And it doesn't come with a hangover.

More people are waking up to this sustainable alternative.

Kava isn't just a drink. It's a choice - one that's helping the planet heal, one kava drink at a time.

Can switching to kava help reduce your environmental footprint?

The alcohol industry has a scary, Bigfoot-esque environmental footprint.

Most people don't realize the toll their favorite drinks take on the planet. Here's what's happening behind the scenes:

**Water Usage:** Producing alcohol consumes an alarming amount of water. It takes up to 300 liters of water to make just one liter of beer. For wine, the numbers are even worse - about 870 gallons of water for a single gallon of wine.

That's enough to fill 14 bathtubs. Spirits like whiskey and vodka are no better, with high water demands throughout the distilling and aging processes.

Kava farming requires far less water. The kava plant thrives in tropical climates, relying mostly on rainfall rather than irrigation. So choosing a kava drink over alcohol is a step toward saving our planet's most precious resource.

**Deforestation:** Growing crops for alcohol production leads to deforestation.

Massive fields of barley, grapes, or sugarcane replace biodiverse forests, destroying natural habitats and releasing carbon into the atmosphere.

These monocultures also weaken the soil and make it more prone to erosion.

But kava is grown sustainably in existing forest clearings. Farmers plant it alongside other crops in small, biodiverse farms. This preserves the surrounding environment and supports healthier ecosystems.

Greenhouse Gas Emissions: From fermentation to transportation, the alcohol process releases large amounts of carbon dioxide. In fact, the alcohol industry accounts for 1.5% of global greenhouse gas emissions, which is more than the entire airline industry.

Alcohol is more damaging to the environment than airplanes - how crazy is that?

Kava, on the other hand, is typically grown locally and processed minimally. By skipping the heavy production processes of alcohol, kava drink production keeps emissions low.

What makes kava the drink that gives back to the Earth?

Kava farming actively supports the planet and people. Unlike alcohol production, which demands massive resources, kava's cultivation embraces sustainability in unique and surprising ways.

Nature's Partner, Not Its Opponent: Kava is grown in harmony with nature.

Instead of bulldozing forests for endless rows of crops, farmers plant kava within existing ecosystems.

This method, called agroforestry, protects wildlife habitats and helps the land regenerate naturally. For example, kava roots stabilize the soil, reducing erosion in areas prone to heavy rainfall.

It's this kind of farming that gives back to the Earth.

**No Need for Thirsty Fields:** Kava thrives where nature provides. While grapes and barley require irrigation systems that drain water supplies, kava relies on the rain.

In regions already facing water scarcity, this is a big deal. Every kava drink you enjoy helps conserve the planet's most valuable resource: water.

**An Economic Lifeline for Farmers:** Kava cultivation is a lifeline for small-scale farmers across the Pacific.

Many of these farmers use their earnings to send their children to school or improve local infrastructure.

By supporting the kava trade, you're investing in communities that value environmental stewardship over industrial exploitation.

**Cultural Sustainability:** Kava is a symbol of cultural heritage.

In the Pacific Islands, it's been used in ceremonies for centuries. Choosing kava over alcohol supports the preservation of these traditions.



It's a way of honoring practices that are inherently sustainable, passed down through generations.

A Low-Tech Revolution: Kava's simplicity is part of its charm. It doesn't require energy-guzzling factories or chemical-intensive processes.

After harvesting, the roots are dried, ground, and ready to enjoy. This low-tech approach means less pollution, less energy use, and a lighter carbon footprint.

It's a refreshing contrast to the industrial-scale production of alcohol.

How our kava bar in Monroe, LA brings mindfulness and sustainability together

At our kava bar in Monroe, LA, every sip of kava is a step toward something bigger - a healthier planet, stronger communities, and a more conscious way of living.

So the kava we serve in our bar in Monroe, LA is more than a drink. It's a connection to farmers across the Pacific Islands who honor centuries-old traditions while embracing sustainable practices that protect the land for future generations.

Our kava is grown in harmony with nature. No forests are cleared. No heavy irrigation drains the Earth's resources.

Instead, farmers plant kava among existing crops, enriching the soil, preserving biodiversity, and helping ecosystems thrive.

By sourcing directly from these small-scale, family-run farms, we ensure that every cup supports fair wages and the continuation of cultural traditions that respect and sustain the planet.

Here in Monroe, we're proud to bring this philosophy to life. Our bar has become a space to connect, reflect, and be part of a movement that values mindfulness and sustainability.

We're committed to reducing waste and working with suppliers who share our passion for protecting the environment.

Even the simple act of choosing kava over alcohol makes a difference - less water consumed, fewer emissions, and no hangovers for you or the planet.

When you sit at our bar, you're doing more than enjoying a calming drink. You're becoming part of a global effort to rethink how we consume and how we live.

## Blog 24: Why customers yell 'TAKE MY MONEY!' at Eskimos Ice Cream in Monroe, Louisiana

So I pull up to Eskimos Ice Cream in Monroe, Louisiana, passing a good sweat in the middle of July, and what do I see?

A big old line stretching clear out to the parking lot.

Most folks would drive to the next ice cream place, but having traveled, let me tell you what an Italian friend said once that flipped my touristy brain upside down:

“Anything that has a queue, is worth queuing up for.”

It was a simple nugget of advice that made me stay and wait. I'm thankful for this Italian dude! Because this place did not disappoint.

When an ice cream parlor is as popular as all that, it's almost like a rite of passage.

But what exactly makes Eskimos Ice Cream in Monroe, Louisiana so unique?

Answer: you've never truly lived until you've tasted their Arctic Turtle or German Chocolate Concrete - both of which are worth every second of the wait.

The star of the show is their custard. It's rich, creamy, and, as some locals put it, "just right."

The texture is so smooth it almost melts before it hits your tongue, and gives you a burst of flavor that feels illegal to taste it.

Eskimos has this knack for creating combinations that you didn't even know you needed in your life.

Take the Brookie, for example. It's a warm, gooey mix of brownie and cookie topped with their legendary vanilla custard, drizzled with caramel and fudge, and finished off with whipped cream.

Wtf guys. Take it easy, I'm trying to keep fit over here 😂

But it's not just the food that makes Eskimos special.

It's hard to explain, but this place has a feeling. It's the feeling you get when you're with family at Christmas time. Like you're stepping into a place that makes memories.

The staff feel it too, which is probably why they are so friendly in a way that feels genuine, like they're glad you stopped by.

You can almost imagine folk saying: "Hey, remember Eskimos Ice Cream? I had my first date there"

It's all about the memories, you know?

Also, my out-of-town friend says he's still dreaming about their German Chocolate Concrete.

And he's European! So that's a win, am I right?

When he comes back to Monroe, Louisiana, I'll drive him to Eskimos Ice Cream again



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1sen!2s!4v1736185978385!5m2!1sen!2s" width="600" height="450" style="border:0;"
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referrerpolicy="no-referrer-when-downgrade"></iframe>
```

## Blog 23: Are kava bars the future of socializing? Here's why so many people think so.

Here at our kava bar in Monroe, LA, we have a theory: the act of drinking alcohol is a dying habit.

Younger generations, particularly Gen Z, are leading a movement towards drinking less alcohol. A 2024 survey revealed that 61% of Gen Z respondents aim to cut back on drinking, driven by health concerns and a desire for improved well-being (health.com).

The threat to the alcohol industry is real, and with so many kava bars popping up around the country, it begs the question: will traditional bars eventually be replaced?

I believe so.

In fact, in our kava bar in Monroe LA, we're on a mission to do just that: transform the way society has fun, using safer and healthier alternatives within our community.

No more regretful mornings. No more pounding headaches. No more gym gains ruined.

This cultural shift won't come easy. Kava bars have been met with prejudice by politicians and CEOs with big pockets. We'll explore that in detail later on.

For now, it's safe to say that drinking kava is the newer, healthier, more enriching way to have fun, so that even your grandma's sipping kava at Christmas...eventually. We're not there yet.

Let's explore why kava bars have become so popular, and all the things inbetween.

What is a kava bar? And why even call it that?

A kava bar is a chill hangout spot where - instead of blitzing a bunch of beers - you're feeling a healthy buzz that gets you pumped for the weekend.

Kava has been around for a long time, but it's only now getting traction in the west.

It's a drink made from the root of a Pacific Island plant, known for making you feel relaxed without any severe consequences.

But why a kava bar? Why not a kava cafe? Or a kava tea house? After all, it sounds a lot like a **coffee** alternative, more so than an alcohol alternative.

Answer: The term "kava bar" sticks because it's all about the vibe. A kava bar feels like a place to relax and hang out. You're there to sip, chat, and maybe play a game on the PS4 (this is what we do in our kava bar in Monroe, LA).

Kava's whole thing is slowing down and taking it easy. Sure, it could be a coffee alternative, but it's way more about connection and calm than caffeine-fueled deadlines.

(Disclaimer: We sell coffee in our kava bar in Monroe, LA, so it's about that too 😊)

Plus, "kava bar" just sounds cooler, don't you think?

Why are kava bars gaining popularity?

Not everyone wants to drink alcohol to have fun, especially if you hit your 30s and you realise the beer doesn't go down as well as it used to.

Kava bars are a zen-like alcohol alternative for socializing. There's no booze, no hangovers, and no regrettable karaoke performances.

Now, we do like to have KTV in our kava bar in Monroe LA, but it's nice to know there won't be a bachelorette party screaming at the top of their lungs into the microphone.

It's just not that kind of vibe. Kava bars are all about de-stressing and chilling with good company.

And you can finish off your weekend with zero drawbacks to your health and mentality. So for that reason, everyone's boarding the kava train.

### What effects does kava have?

On a personal level, kava gives you that "ahhh" feeling you get after a few sips of beers.

When it comes to the science, research shows that kava promotes calmness without dulling your mind. It's often called "nature's chill pill" because it helps you unwind while staying present.

In one study, 62% of people reported lower anxiety levels after regularly drinking kava (KADSS). Others say it makes them feel more social, almost like alcohol's friendly vibes...but without the slurred words or foggy brain.

Some even find it helps spark creative thinking. It really just depends, and the only way to find out is by visiting us in our kava bar in Monroe, LA!

### Is Kava safe to consume?

Yep, kava is pretty safe as long as you don't overdo it.

Moderation is key because too much could affect your liver. If you're on meds or have health issues, play it safe and check with your doctor first.

## What Is the legal status of kava bars in the U.S.?

Kava is totally legal in the U.S. You can sip it at bars, buy it online, or even brew it at home if you're feeling fancy.

The reason why this question gets asked is because of kava's threat to the alcohol industry. It's a "new" legit alcohol alternative.

Now, there have been instances in places like New York and Virginia where their health department has cracked down on kava bars.

**But this doesn't mean kava is dangerous.** On the contrary, kava is much safer than alcohol.

This has everything to do with politics, and nothing to do with health and safety.

Health departments are cautious because kava is relatively new to mainstream America. It's more about "better safe than sorry" than any proven widespread harm.

It's a tale as old as time; politics getting in the way of the truth, and ruining people's businesses as a result.

## Who typically visits kava bars?

Kava bars are for everyone who loves to chill.

You'll find all kinds: yoga enthusiasts, stressed-out office workers, sports fans, and even the old folk fresh out of retirement.



If you're into low-pressure socializing without loud music or tequila shots, you'll fit right in at our kava bar in Monroe, LA.

## Do Kava bars offer other beverages?

Absolutely! Not everyone loves kava's earthy taste. That's why many bars also serve herbal teas, kombucha, or even fancy mocktails.

Some spots throw in snacks like popcorn or cookies, so you're not sipping on an empty stomach.

We're always mixing up fancy kava cocktails at our bar in Monroe LA. [Click here to see our menu.](#)

## Can Kava help with anxiety or stress?

Yes! Kava is like a reset button for your brain.

Now, It won't cure stress, but it's a great way to unwind and stop overthinking for a bit.

## Where can I find kava bars near me?

Kava bars are popping up everywhere - especially in sunny spots like Florida and California. [Click here to read our article on the best kava bars across America.](#)

If you're curious, grab a friend and check our kava bar in Monroe, LA.

Worst case scenario? You'll leave feeling calmer than when you came in.

Best case scenario? You've finally found your "Third Place"

The concept of the third place - coined by sociologist Ray Oldenburg - is all about the spots where we connect outside of home (the first place) and work (the second place).

Think of coffee shops, libraries, pubs, or even parks.

Our kava bar in Monroe, LA fits perfectly into this idea.

Unlike traditional third places that revolve around coffee or alcohol, we're building a community of kava drinkers who want the social connection but don't need the caffeine buzz or drunken chaos.

So on top of having an alcohol alternative, you'll be a member of a community that transforms the way you relax and have fun.

There's only so many ways I can put it into words, so come along to our kava bar in Monroe, LA, and see just how liberating these alcohol alternative bars have become.

## Blog 22: Chennault Aviation & Military Museum: A Heartfelt Tribute

If you're anywhere near Monroe, Louisiana, and you visit the Chennault Aviation & Military Museum, prepare for a heartfelt, boots-on-the-ground tribute to American service members.

The museum is packed wall-to-wall with personal stories, rare artifacts, and some serious passion from the folks who run it.

Off the bat, I can say the vibe is welcoming. You're greeted by volunteers—many of them veterans—who genuinely care about sharing these stories.

And if you keep reading, you're going to be amazed at how wonderful this museum is (and even more amazed by the plot twist at the end)

## A Vast Collection of Military Artefacts

The collection is massive.

What looks like a modest building from the outside opens up into rooms full of relics from the Civil War to Desert Storm. Think guns, uniforms, letters, models, and even a moon rock.

There's a heavy focus on General Claire Lee Chennault and the Flying Tigers, with detailed exhibits on his time in China during WWII.

But it's not just about big names—it's the personal stories of local vets that really land the emotional punches.

## A Real Museum

I don't know about you, but I'm not a fan of modern day museums. The polished, hyper-commercial national museum with digital screens and café lattes in the gift shop. Eurgh, no thanks.

Chennault Aviation & Military Museum hits different. It's better. It's raw. It's real. And it's deeply personal.

You won't find sleek, minimalist signage with vague buzzwords or QR codes leading you to some app.

You'll find hand-written letters, weathered photographs, and dog tags with rust still clinging to them. You'll read telegrams that deliver gut-wrenching news to parents. You'll see the boots of men who never made it home.

That kind of history doesn't need special effects—it speaks for itself.

## A Museum That Costs Nothing. They Paid The Price

Here's the plot twist about Chennault Aviation & Military Museum: It's free. Zero dollars.

Though most people gladly drop a donation after realizing how extensive and moving the experience is. It's clear to everyone that a museum like this deserves all the money you can give it.

My suggestion is this: Forget the \$60 tickets on tourist traps in city centers. Instead, come drive down to Monroe, Louisiana and learn about the sacrifices our brethren made throughout history.

God Bless America!

## Blog 21: The Beginner's Guide to Drinking Kava

So my friend, we'll call him Jim, likes to spend his weekends in a different kind of way: not with six pack of Budweiser - that's a hangover in the waiting. But with some CBD gummies and a few kava drinks.

Since both are known for their calming effects, Jim was going to be in for a super chill night!

Jim sends a pic of his kava drink to his friend – we'll call him Dwight.

Dwight replies with: "Doubling down I see lol"

Jim's confused and asks: "You don't like kava?"

He says: "It's not my vibe. Like I've had a sip but that's about it. Didn't like the taste."

(This is a legit story btw)

Speak to any of our locals in our kava bar in Monroe, and we bet they would be shaking their heads right now after reading this.

And we're willing to bet Dwight ain't the first guy to say something like this either.

**The irony of kava is that best relaxation of your life doesn't happen overnight.**

Many newbies report feeling mild relaxation, but don't expect a dramatic effect right away.

Here's why: Kava has a "reverse tolerance," meaning its effects often become more noticeable after multiple sessions.

And as for the taste, so many kava drinks come in all forms of taste nowadays. For example, at our Kava bar in Monroe LA, we have Purple Tsunami Energy Tea, Vanilla Crème Kava Blend, Peach & Kiwi Energy Tea, and more.

Saying you don't like the taste of kava is like saying you don't like music...definitely try out different genres before making that decision!

In any case, it's not kava's first rodeo when it comes to misconceptions.

That's why I wrote this beginner's guide. These are genuine questions, asked by genuine people who visited our kava bar in Monroe, LA.

Here it goes:

Can you explain what kava is and where it comes from?

Kava is a root that's been setting the vibe for centuries in the South Pacific.

It's the kind of drink you sip at a stress-free beach bonfire, surrounded by palm trees and good company.

Pacific Islanders have long used kava drinks in ceremonies to bring people together, calm nerves, and promote peace.

And forget your typical Yogi tea brand. Traditional Kava is made a different way:

The Islanders grind the root, soak it, and strain it to make a drink that might look like muddy water but works wonders for your mind.

How is kava different from alcohol or coffee?

Kava is like the chill cousin of alcohol and coffee.

Unlike alcohol, kava drinks won't leave you with a hangover or impair your judgment, making it a fantastic alcohol alternative if you want to unwind responsibly.

On the flip side, unlike coffee, kava doesn't give you jittery energy.

Instead, it calms your mind while keeping you alert. It's relaxation without the crash.

What are the health risks or benefits of kava?

The benefits are plenty! Kava helps reduce stress, improve sleep, and enhance social interactions.

It's also non-addictive and acts as a natural alcohol alternative.

But here are the risks: overdoing it might lead to dry skin (known as “kava dermatopathy”) or nausea.

Also, people with liver issues should consult a doctor before indulging. Stick to quality kava and moderate amounts to keep it beneficial.

Is it safe to mix kava with other substances, like alcohol or medication?

Mixing kava with alcohol or sedatives is a big no-no.

Both substances can suppress your central nervous system, which might lead to dangerous side effects.

As for medications, always check with your doctor. Kava works best as a standalone experience.

How do I prepare kava, and what’s the best way to consume it?

Traditional preparation involves soaking powdered kava in water and kneading it through a strainer or cloth.

The result is a muddy-looking drink that’s earthy and potent. If you’re in a hurry, pre-mixed kava drinks are available.

Sip it slowly to let its calming effects kick in. Pro tip: Add a splash of coconut milk or a sweetener to soften the taste.

And if you’re looking for kava drinks but without the muddy taste, come visit our kava bar in Monroe, LA!

Can you recommend the best brands or places to buy kava?

For premium kava, brands like **Kalm with Kava**, **Bula Kava House**, and **Grokava** are popular.

If you're in Louisiana, try checking out a kava bar in Monroe, LA, for locally sourced options. If not, here's a list of best kava bars across the USA.

Otherwise, online retailers like Amazon and specialty kava stores also carry reputable brands.

What does kava do to the brain/body?

Kava interacts with your brain's GABA receptors, which help calm nerves and reduce stress.

It doesn't make you drunk or high – it's more of a mellow, euphoric feeling.

Physically, you might feel your muscles relax, while mentally, you'll notice your worries melt away.

Does kava have a calming effect like CBD?

Yes, but kava hits differently!

While CBD provides subtle relaxation, kava is more noticeable.

It's like your body says, "Okay, let's chill now."

Plus, kava often comes with a slight euphoric boost, perfect for unwinding after a long day.



Are there any cultures where kava is traditionally used?

Kava has deep roots in Pacific Island cultures like Fiji, Tonga, and Vanuatu.

It's used in ceremonies to promote community bonding and peace. In these places, drinking kava is a ritual steeped in tradition, respect, and connection.

Can kava help with anxiety, insomnia, or stress?

Absolutely! Kava is famous for its anxiolytic (anxiety-reducing) effects. Many people use it as a natural remedy for stress or sleeplessness.

The key is moderation. Too much can have the opposite effect.

How long does it take for kava to kick in?

Kava typically takes 15–30 minutes to work its magic. The effects are gradual, starting with a slight numbing of the mouth and building to full-body relaxation.

What's the legal status of kava in the USA?

In most places, kava is legal, but regulations vary.

For example, it's widely available in the U.S. at kava bars or online. Some European countries have restrictions due to past concerns about liver health, so it's best to check local laws.

Can I drive after drinking kava?

Technically, kava doesn't impair your coordination like alcohol, but it can make you feel super relaxed. It's better to avoid driving until you know how your body reacts to it.

## Does kava cause liver damage?

This is a common concern. While some reports linked kava to liver issues, the problem was often low-quality or poorly processed kava.

Stick to trusted brands and avoid mixing kava with alcohol or medications to keep your liver happy.

## What's the difference between kava tea, kava powder, and kava extract?

- **Kava tea:** Mild and pre-packaged for convenience—good for beginners.
- **Kava powder:** Traditional and potent, requiring preparation with water.
- **Kava extract:** Concentrated and easy to mix, often found in capsules or tinctures.

Each offers a unique experience, so try a few to see what suits you best.

## Can kava help with quitting alcohol or other substances?

Yes!

Kava is a great alcohol alternative for those looking to cut back.

It provides the relaxing, social vibe of alcohol without the harmful effects, making it easier to transition away from drinking.

## What's a good starter dose of kava?

Start with 1–2 teaspoons of kava powder mixed with water.

For pre-made kava drinks or capsules, follow the serving instructions. It's best to ease in and see how your body reacts.

Why do some people say kava tastes bad, and how can I make it taste better?

Kava's earthy flavor isn't for everyone – it's an acquired taste.

To improve it, try mixing it with coconut milk, almond milk, or honey.

At our kava bar in Monroe, LA, we have creative drink blends to mask the flavor. Check out our Instagram page to see what kind of drinks we make.

Does kava help with social anxiety or make you more social?

Definitely! Kava is known as a “social lubricant” that eases tension without the chaos of alcohol.

You'll feel calm, open, and ready to vibe with others.

Can you explain the different chemotypes of kava and how they affect the experience?

Kava chemotypes determine its effects, from heady (uplifting and euphoric) to heavy (sedating and relaxing).

Look for information on the label. Heady kava is great for socializing, while heavy kava is perfect for winding down at night.

What's the best kava bar in Monroe, LA?

That's the Visbar!

(No one actually asked this question, but you never know...)

Hop on over for some good vibes and delicious kava drinks that will have your head buzzing and your tongue tingling.

Kava invites openness. It helps you relax while staying clear-headed, offering a unique sense of peace.

And in that clarity, many discover new connections. With themselves, with others, and with the world.

You could drink by yourself in your home and still enjoy kava. But our kava bar in Monroe LA will show you what you've been missing - a third place to be social and to connect with others without the hangover the next day.

## Blog 20: Black Bayou Lake Is A Peaceful Pause In Your Life

I drove down Richland Plane with nothing but country roads in front of me. A sign came out of the cut, saying: *Black Bayou Lake, Environment Center*, and I had this odd urge to turn in and give it a try.

For context, it was a Monday (my day off from the kava bar) and there was just something about nature in Monroe, Louisiana. Like it's a true southern setting.

And if you're like me where birds, bayous, gators are your jam, or you just need to stretch your legs on a boardwalk surrounded by cypress trees, you're in for a treat.

## Trails, Wildlife, and Pure Louisiana Vibes

The craziest thing about Black Bayou Lake is you might spot gators sunning by the water, snakes weaving through the brush, or orb weaver spiders casting glistening webs overhead.

Some folks say it's their go-to place for a peaceful evening walk, and yes, it's dog-friendly too – even if the animals here are wild.

## For the Fishermen (and Fisherwomen)

When I went to visit my pops in the afternoon, he actually told me he visits Black Bayou Lake for some afternoon fishing.

Here's what he said: "It's totally worth it, just make sure to pick a calm day to go, and not the weekend. If you do go on the weekend, people here actually take turns so don't worry about the crowds."

Southern manners still exist, apparently.

## A Learning Experience, Too

The visitor center is hit-or-miss on whether it's open, but when it is, it's a knowledge drop. You'll learn about snakes, turtles, fish, from a few kind-hearted volunteers who really know their stuff.

## Why Do Locals Keep Coming Back?

Sunsets over the water. Kayaking past lily pads. Deer darting off trail. And that feeling you get when you walk a long wooden pier and hear nothing but birds and frogs.

Some even call it a spiritual experience. Others just come for the fishing and stay for the vibe.

For me, it was both!

## TL;DR Black Bayou Lake Clears Your Head

Black Bayou Lake is free, stunning, and full of life.

It's not polished, and that's part of the charm. And yeah, there's all sorts of crazy wildlife, but you know what?

Somehow – despite the jungle-like curiosities – you feel like you're in the thickness of nature itself, and that's the most rewarding feeling you could ever have after doing a long shift at a kava bar.

So if you're feeling up for it, head over to Black Bayou Lake in Monroe, Louisiana. It's a vibe, for sure.

# Blog 19: A Kava Lover's Guide to the 10 Best Kava Bars in America

America is a country dominated by alcohol.

Over 85% of U.S. adults report drinking alcohol at some point in their lives, and about 55% currently drink, according to the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

It's no surprise then, that most Americans have never heard of a kava bar before, nor even that these kava bars are *legit* alcohol alternatives.

This ain't the kind of *pretend relaxation* you get with alcohol-free cans at Walmart, cur! Kava is quickly re-shaping the way we both have fun and feel healthy at the same time.

So you're probably wondering: can you have the best of both worlds? All the buzz, with no hangover or addiction?

The alcohol industry certainly doesn't want you to know that you can - there's too much money at stake.

But in this article, we're on a mission to help kava bars grow their businesses.

We're unashamedly salesy in this post because we believe that the kava community needs all the help it can to spread awareness on the powerful effects of kava.

And, to add to that, we believe these kava bars are definitely worth learning about, regardless of the conflict with the alcohol industry and the politicians that seek to undermine these alcohol alternatives.

I think it's time to let those cats out of the bag - wdyt?

## Big Run Kava Bar, Athens OH

A hotspot for Athens' nightlife, Big Run Kava hosts a variety of events like open mic nights, game nights, and art nights.

They're known for their energy elixirs and relaxation elixirs, and the owners are highly educated on all things Kava. So if you're new to Kava and you want to learn more, hit up Big Run Kava Bar and you'll be welcomed with warmth, and all questions answered.

## Kava Korner, Trucksville PA

If you have a history of addiction and you're looking for a safe place to unwind, Kava Korner could be your next stop if you live close to Trucksville.

They value safety, first and foremost, but they know how to mix the drinks well enough to reduce the bitter taste from Kava. And all drinks are served with a smile.

In fact, it seems like every customer that walks into Kava Korner says the same thing: the staff are super kool!



## Brooklyn Kava, Brooklyn NY

Au naturel-type place with lo-fi hip hop playing low, boardgames at the back, great vibes, and great drinks.

In other words...this place is definitely in the hipster category which, if that's your thing, you're going to be in for a treat.

## Kava & Company, Jacksonville FL



Arguably one of the most popular kava bars in the country (and no surprise that it's in Florida too), Kava & Company focuses on providing a relaxing environment, making it

the perfect go-to hangout for being both social and focused on getting your work done.

They have events on the regular such as the Voodoo Halloween Ball to open mic nights and musicians playing on stage. Definitely keep up to date with the events they have planned in the coming months!

We could make an entire article about Kava & Company but we'll finish by saying this: the major reason people keep coming back for a shell is because the drinks are just too darn good.

Makes you want to fly out all the way to Florida, doesn't it?

## Kava Mama, Atlanta GA

Marketing themselves as the first alcohol alternative bar in Atlanta, Kava Mama is everything you expect from a Kava bar: the atmosphere is welcoming, the decorations/art are stunning, and the drinks are just 🍷 😊.

Many Floridians report heading to Kava Mama as a pitstop on their way back home, and who could blame them? Kava Mama is determined to live up to a 3000 year tradition and break the shackles of the alcohol-heavy night scene.

Hats off to them!

## MeloMelo Kava Bar, Santa Cruz CA

A great place to drink kava in the traditional manner while still being part of the nightlife scene. MeloMelo Kava is the perfect example of an alcohol alternative bar that let's you enjoy your evening without a hangover.

They're also famously known for hosting a ton of events at their kava bar such as the Melo Crypt Halloween party and Paint & Sip Event (you paint on a canvas while drinking kava).

As someone who owns a kava bar in Monroe, LA, I'm writing some of these ideas down 🙄👉

Twisted Roots Kava Brewery, Miami FL



It's no surprise that all the popular kava bars are in Florida, and this one's a real find! What makes this one stand out the most is its pirate-themed decor and ambient low-lit atmosphere.

Essentially, it feels like you're getting both a blast from the past and a blast of kava straight to your head.

To add to the vibe, you'll be drinking out of a tiki cup instead of a traditional shell, and well, you'll feel like you're on a movie set.

With the level of detail that goes into this place, I wonder if the owners used to work in Hollywood 🤔

## Bula Kava House, Portland OR

Portland's first and most famous kava bar, Bula Kava House was established by Judd who used to go scuba diving in Hawaii. Having found his love for kava there, he built up a kava bar in Oregon and it's been a thriving business ever since.

But what makes this kava bar stand out among the rest, still to this day?

Visitors report that they enjoy the ambient lighting, the post-industrial setting, the sense of community, and the healthy smoothies to choose from.

While many kava bars have their selling points, this kava bar wins for being a bar that ticks of all the boxes and inviting enough for any customer to walk through the door.

## Kanaka Kava, Kailua-Kona HI

How could we write about kava bars in America and not respect one of the greatest states that started the kava tradition?

Established in 2001 by a native Hawaiian family, Kanak Kava offers traditional 'awa (kava) and authentic Hawaiian dishes, sourcing ingredients from their Hāmākua farm. The bar also hosts events like open mics and live performances, making it a cultural hub.

It's here where many fall in love for kava drinks 🍷. It's a beautiful place to indulge in the local cuisine, all the while enjoying the stunning beach views.

If you're ever going to try a kava drink, Hawaii is the place to go, and this kava bar should be the first on your list.

## Visbar, Monroe LA



I'm feeling froggy with this one but Visbar is actually our kava bar in Monroe, LA.

This kava bar is an alcohol alternative space with kava drinks that are expertly crafted by myself (Phung) and my brother Wally. Our family is from Vietnam and we've built a history when it comes to crafting kava drinks.

On top of that, our experience of being part of the kava culture in Florida inspired us:

Why not bring together the powerful methods of Vietnamese kava-making with the rising tide of Floridian-kava culture? Right here, in Monroe LA?

The results have been downright show-stopping: we've had folks come from all walks of life enter our bar and immediately feel like this was a place they could feel safe, comfortable, and have fun.

May I add that this is a kava bar that hasn't be open for long and yet, our place is hopping for one reason and one reason only:

At Visbar, we know how to do kava right. We understands folks are looking to mellow out in a safe and comfortable environment. We respect your good health and your desire to escape the crazy binge-drinking culture of the alcohol industry.

So it's no wonder why we have folks come from Florida drive up just to drink at our bar.

Then, with our rich kava heritage from Vietnam, you're getting the real deal: Kava drinks will special recipes passed down to our family.

So if you're wondering what Vietnamese kava drinks taste like with a Floridian twist, stop on by and enjoy the mixture of good vibes and good culture.

Bula 🍹



Phung, Visbar

## Blog 18: Biedenharn: Louisiana's Most Unique Museum

Here's a riddle: What does Coca-Cola, a historical house, the Bible, and a garden all have in common?

Answer: They're all found at Biedenharn's Museum in Monroe, Louisiana! And let me tell you, you're in for *a treat* if you decide to visit.

It sounds like a crazy collection to put together in one vicinity, but once you've read this article, you'll have a fantastic Saturday agenda for you and your family.

### Coca-Cola Museum

This is an awesome place that teaches you the history of Coca-Cola. You can grab an **ice-cold Coca-Cola for just 5 cents** from a vintage vending machine AND take a picture with the famous red Santa Claus.

These are the kind of small moments in life that create fun, wholesome memories for you and your family.

For more fun moments, click the link to learn more about the Coca-Cola museum.

### The Biedenharn Family Home

This is a beautifully preserved historic house with its eclectic European-inspired décor. It makes you wonder why more homes aren't designed like this nowadays.

There's just something about being in a home that prides itself on elegance, that really inspires you to do some interior design back at home.

## The Bible Museum

By far my favorite place. You'll explore a historical collection of artwork and Bibles that remind you of your relationship with God.

I found this museum incredibly breathtaking and relaxing when I visited. There's just so much comfort that comes from learning about the history of Jesus.

And in these days, where folks are struggling more than ever, this feels like a home for your beliefs, and a reminder of the importance of loving God and your neighbors.

## The Gardens

Meander through a garden of tulips and azaleas on a warm, sunny afternoon, and you'll be glad you got out the house!

At this point, get your camera out and start capturing those fun memories 😊

## Know Before You Go

**Location:** 2006 Riverside Drive, Monroe, Louisiana

**Admission:** \$6-\$10 per adult (includes all exhibits)

**Wait Time:** Usually no wait

**Reservations:** Not required

**Best Time to Visit:** Spring for the gardens or December for the **Christmas at the Biedenharn** event

## Final Thoughts

The Biedenharn Museum is one of those lowkey family attractions that intellectually engages you throughout the experience, all the while you take a bunch of fun photos for you and your family.

For the folks who like to be **efficient**, it's a great place to kill four birds with one stone.

And yeah, it might seem a little strange to jumble up a diverse range of places in one spot, but hey, you'll be finished in a couple of hours...and then you'll be back home to watch the game or play video games or watch a movie.

All the while, you've ticked off an easy day of family activities.

Now, if you're still looking for things to do, pop over to our kava bar in Monroe, Louisiana. We're close by and we serve alcohol alternative drinks that give your brain a buzz, but without the hangover.

## Blog 17: What makes kava ceremonies so unique in different cultures?

It's easy to think drinking alcohol is fundamentally part of being human when it's ingrained in so much history.

For example, in ancient Sumer (circa 3,000 BC), the earliest known civilization, people were already brewing beer. It was so ingrained in their society that they even had a goddess of beer, Ninkasi.

Crazy, am I right?

But then you look at other cultures, such as Polynesians, who drink kava root, and Siberian tribes who take mushrooms, you have to wonder...

Western culture is so heavily tied to the alcohol industry that we never thought to ask: Do other cultures do *it* different?

And when I say *it*, I mean that intrinsic, human desire to have fun and get a buzz off some kind of substance.

Wally and I have been on a mission to reveal these alcohol alternatives — kava in particular — and show people that they don't need to be hungover any more.

They don't need to regret that text they sent to their ex, or feel disappointed in themselves for drinking after a workout.

We're here to say: it's okay to have fun and not pay a heavy price for doing so. We know this because...

1. We have a kava bar here in Monroe, LA, where people are having fun all the time — sober but still getting that buzz.
2. Kava drinks are ingrained into other cultures as a way to relax and have fun.

The only reason why you're hearing about it now is because of the politics behind the history, and the alcohol industry's attempts to silence these alcohol alternatives.

Well, it's time to break centuries of western tradition by exploring other cultures. How are they drinking kava? Why do they drink kava? Should you embrace these traditions too?

There's lots to uncover.

We ask that if you find these cultural insights interesting, please share this article with your friends and family. Because the more people know about kava drinks, the better!

Fiji: Where Kava Tradition was born.



If you ever find yourself in the Oceania region, head over to Fiji and get yourself a coconut shell of kava.

Here, you'll be drinking kava as a gesture of respect. Unlike the raucous nature of Western happy hours, kava sessions are relaxed and social, filled with storytelling and laughter but with an undertone of respect.

They drink kava at weddings, they drinking it during the meetings of village chiefs, they drink it after a hard day's work, they drink it as a nightly ritual; they drink it to be together with their friends and family.

Fun Fact: They like to clap once before drinking it, then three times after drinking. It's a sign of respect and unity, similar to how we all like to cheer while clinking our glasses.

Hawaii: The Kava tradition is spiritual



Kava is known as ‘awa in Hawaii, carrying a deep and spiritual role. And similar to Fiji cultures, the Hawaiin’s drink kava to be social.

But what makes them stand out is their belief that Kava connects them closer with their ancestors and offers spiritual insight.

This level of wisdom that they gain from kava drinks helps them solve conflicts, conduct rites for spiritual harvests, and relieves spiritual unrest within themselves.

When drinking kava, it makes you wonder: what kind of insights can you discover about yourself and the life you live? How can you be more connected to your life, both physically and spiritually?

Tonga: Kava is a symbol of hierarchy and respect



In a traditional Tongan kava circle, the drink is prepared by a designated person and served by the *tou'a*, typically a young woman chosen to mix and distribute the kava.

Folk sit in a circle with the leader, or *matapule*, directing the flow of the ceremony. Each person is served in a specific order, reflecting their social status or role in the group.

The primary purpose of kava in Tonga is to help build social bonds and show respect within the community.

Stories are shared, songs are sung, and relationships are strengthened.



The Tonga kava culture raises an important point about ritual, respect, and hierarchy: Do you have rituals in your own life? And how can kava drinks fit into that ritual?

## Samoa: Kava as a reflection of Fa'aaloalo (Respect)

Samoaan kava ceremonies, known as *'ava*, are deeply rooted in *fa'aaloalo*, which means respect.

Unlike other cultures, this respect extends to the drink, the participants, and the rituals. The ceremonies are highly structured, involving key roles like the *taupou* (ceremonial hostess) and elders, making it a formal event that reinforces community hierarchy.

*'Ava* ceremonies are reserved for big events like the installation of a *matai* (chief) or important meetings, showing their importance in shaping community leadership.

The preparation of kava is careful and involves a carved wooden bowl called a *tanoa*, adding special meaning. During the ceremony, storytelling and chants are common, preserving history and passing wisdom through generations.

Vanuatu: The true  of Kava culture



In Vanuatu, the way they make and drink kava is raw and strong. It's prepared fresh and shared in *nakamals* (traditional meeting places).

Kava in Vanuatu is more than just a drink though — it's both social and spiritual. People drink it daily to end their day, relax, and strengthen their sense of community.

## Papua New Guinea: Kava as a spiritual gateway

Kava is less common in Papua New Guinea but very important where it is used.

It acts as a bridge to the spiritual world and is often part of rituals led by shamans.

These ceremonies help people connect with ancestors and spirits, showing the deep, mystical role kava plays in their culture.

## Vietnam: A Unique Take on Kava



In Vietnam, some people drink kava to relax and connect with friends. While it's not as common as tea or rice wine, it is becoming part of social gatherings every single year.

People enjoy kava for its calming effects, using it to share stories and bond. It offers a different way to unwind and brings people together in a simple, enjoyable way.

In fact, my family comes from Vietnam and we drink kava all the time. It's one of the main reasons why we opened our kava bar here in Monroe, LA.

We wanted to share our culture and way of life with folks, particularly those who want to move beyond alcohol, and find an alternative that opens their mind to the world in which they live.

## Kava Culture in Monroe, LA

When we created our kava bar in Monroe, LA, our mission was simple: show people that alcohol alternatives exist, and that they have all the benefits of getting tipsy with **none** of the subsequent downsides.

We wanted to show people how kava drinks can be a powerful way to unwind and relax from whatever lives' stresses you may have. Then, as we built a community around kava, our mission was reshaped into something much broader; more meaningful.

We were creating traditions of our own! Like how first time drinkers whack the gong, or how business owners, students, and 9-5ers all come together to share their stories at the bar.

There are spiritual roots within our kava community, too. I'm a Christian myself and use kava to help me reflect on my faith and build fellowship with my fellow man.

But we also have folks come in from a variety of backgrounds all seeking that deep connection with the world. When you drink kava, it's easy to see why there might be a spiritual element to it all: something as healthy and uplifting as kava, without facing negatives to drinking it — it opens your mind.

And when your mind is open, and you're able to think clearly while still being sober, you learn a thing or two about who you are and your place in the world.

So with that said, why not come to our kava bar in Monroe, LA, and see how kava can shape your story?

## Blog 16 Location: Enjoy a Coke for 5 cents at the Coca-Cola Museum



Back in the ol' days, there was something called a soda jerk - a guy who essentially poured you a glass of coke, as if it were a pint of lager.

Then came along John Stith Pemberton (who must have hated soda jerks or something) and he decided to bottle Coca-Cola for the first time.

What came next indented Coca-Cola's brand into American culture forever.

But I don't want to reveal too much. Instead, if you visit Biedenharn Museum and Gardens, you can learn more about this story at the Coca-Cola Museum.

They'll reveal how the word "Pop" came around instead of soda. And it's just one of many stories that will have you thinking...*hey what a charming history we have here in America!*

And if that hasn't convinced you, then get this: You can enjoy a bottle for just 5 cents!

I'm just saying, take your family and enjoy an unconventional day learning about Coca-Cola. It's such an easy way to keep everyone entertained and happy.

And by the way...it *totally* beats the Coca-Cola museum in Atlanta!

Blog 15: Tired of sacrificing gains for a drink? Kava drinks are a legal alcohol alternative that aligns with your fitness goals.

If going to Planet Fitness after work isn't bad enough, 8pm hits and you have a sudden urge to drink alcohol and watch some football, or play video games, or binge watch a TV show – whatever's your jam.

Or maybe some friends called and they want you to come out for a *few* drinks.

We've been all there. And it's safe to say it's not easy saying no; hanging out with friends stone-cold sober makes you feel like a Mormon at a bachelor party. But what if I told you it didn't have to be that way? That you can have your cake and eat it?

In this post, we're going to explore kava drinks, like the kava drinks we sell here in Monroe, LA, and why they're a perfect fit for your fitness goals.

Trust me. You're going to like what I have to say next.

## Why Do Fitness Enthusiasts Feel Guilty About Drinking Alcohol?

Before we jump into kava drinks, there's a reason why, in our opinion, alcohol has no place in the fitness space. Not on a Saturday night. Not on special occasions. Never.

These three stats sum up our thoughts:

👉 According to the *American Council on Exercise (ACE)*, alcohol consumption can impair muscle recovery and reduce the body's ability to build muscle.

👉 Research from the *National Sleep Foundation* shows that alcohol can reduce sleep quality by **up to 40%**, which directly impacts recovery and training performance.

👉 A study published in *PLOS ONE* highlighted that alcohol consumption post-exercise can lower muscle protein synthesis by **up to 37%**, hindering growth and recovery.

So with that said, the only reason why anyone who drinks alcohol — while being serious about their fitness — is...

1. They want that buzz
2. They want to fit in with their peers.

Luckily, you don't have to worry about either. We believe alcohol will eventually be obsolete because alternatives are coming to the market.

For example, check out this alcohol alternative:

## What Makes Kava Drinks the Ideal Alcohol Alternative for Fitness Enthusiasts?

Kava drinks have gained popularity as a guilt-free, relaxing alcohol alternative.

Derived from the roots of the *Piper methysticum* plant, kava offers calming, euphoric effects without the negative consequences of alcohol.

Here's why kava is a smart choice:

1. **Supports Muscle Recovery:** Unlike alcohol, which dehydrates the body and slows recovery, kava does not impede muscle protein synthesis or hydration. This means you can enjoy your evening and stay on track with your training.
2. **Low-Calorie Reward:** For those mindful of their caloric intake, a typical serving of kava contains fewer than 50 calories, compared to the average 150 calories in a standard beer.
3. **Natural Mood Booster Without the Hangover:** Kava contains kavalactones, which interact with brain receptors to promote relaxation. Unlike alcohol, kava doesn't leave you dehydrated or sluggish the next day.

## Are Kava Drinks Safe for Fitness Enthusiasts?

Kava bars like ours in Monroe, LA, take your health and safety as a top priority. So we're going to lay down all the facts for you to so you can get a clear picture:

A review in *Phytotherapy Research* indicates that moderate consumption of kava is safe, with no significant risk to liver health or cognitive function when used responsibly.

However, we believe — along with many kava bars like us — that kava drinks are not to be abused, but to be there as an alcohol alternative.



Alcohol addictions. Kava addiction. It's all the same to us. It's **addiction**.

(Luckily, kava is **not** an addictive substance)

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Alcohol is known for its disruptive impact on health, from dehydration to disrupted sleep cycles.

Kava, however, is praised for its ability to promote relaxation without these side effects.

The Journal of Psychopharmacology says that kava enhances mood and reduces anxiety without cognitive impairment, making it an ideal option for post-workout recovery or social gatherings.

## What's the Kava Culture, and Why Are Fitness Enthusiasts Embracing Kava Drinks?

Times are changing. Young people don't want to be part of the crazy binge drinking culture any more — no matter how hard the alcohol industry tries to reverse this.

According to a 2022 report by the International Food Information Council, 35% of millennials are actively looking for low- or non-alcoholic alternatives.

So humanity's heading in the right direction: Healthier lifestyles, a better wellness mindset, and consuming drinks that reflect this shift in our culture.

## Where's the Best Kava Bar in Monroe, LA?

Now if you're reading this, and you just so happen to be in Monroe, Louisiana, our kava bar should be your next stop! Here's why:

We have fitness buffs enter our kava bar *all the time* to relax after a hard day of working out. They're usually coming in from Fit 4 Life — which is a great place to workout, and it's just around the corner from our kava bar.

And yeah, the local Planet Fitness ain't so bad either!

Regardless of the gym you go to, when you're dying on Bulgarian split squats, why ruin it with booze when you can reward yourself with a kava drink instead?

As one of our customers said it perfectly: "It's like your always tipsy but you never get that sluggish feeling from alcohol afterwards."

That means you can have all the benefits of alcohol with none of its downsides.

That's something the alcohol industry prefer you didn't know. But if you care deeply about your health, physique, and your desire to have fun, we're glad you know it now.

## Blog 14: h1 Fiesta on Eighteenth: Health Food So Good, You'll Forget You're in Louisiana

Alright, y'all, if you're in Monroe and want to eat a little healthier without feelin' like you've walked into a science experiment, then **Fiesta on Eighteenth** is your spot. This place has all the good stuff to keep you feelin' fresh, strong, and maybe even a little smug about your life choices. We're talkin' smoothies, organic groceries, snacks that won't ruin your diet, and a vibe so laid-back you'll forget you're in a health store.

## **H2 Why Fiesta on Eighteenth is Monroe's Go-To for Healthy Living**

### **H3 1. Smoothies That'll Make You Feel Like a New Person**

First things first: the smoothies. Now, I know, “smoothie” sounds like somethin’ folks in L.A. drink while they’re meditat’in’ on a cliff somewhere. But let me tell ya, the smoothies at Fiesta on Eighteenth are so good, you’ll be lookin’ for reasons to swing by for another. They got options like **Green Machine** and **Berry Blast**—packed with greens, berries, and who knows what else—all blended up in a way that makes healthy taste like dessert.

One sip of these, and you’re not just drinkin’ your greens; you’re basically drinkin’ a self-improvement plan. They’re fresh, fruity, and tasty enough to make you think, “Maybe I could do this whole health thing after all.”

### **H3 2. Snacks That'll Make You Forget Junk Food**

If you’re the snackin’ type, Fiesta on Eighteenth has your back. They’ve got chips made outta things you didn’t even know could be chips—like kale, chickpeas, and all sorts of vegetables that sound like they belong in a garden more than a bag. But here’s the twist: they actually taste good.

I know what you’re thinkin’—“Kale chips? In Monroe?” But don’t knock ‘em ‘til you try ‘em. These snacks are crunchy, salty, and somehow delicious enough to make you forget the usual junk food. Plus, if kale’s not your thing, they got trail mixes, organic popcorn, and even a few chocolate-covered goodies that taste like a treat without the regret.

### **H3 3. Vitamins and Supplements for Folks Who Mean Business**

Fiesta on Eighteenth has a wall full of vitamins and supplements, and some of ‘em got names longer than a Monday. But here’s the good part: the staff actually knows what they’re talkin’ about, and they’re happy to help you find what you need without makin’ you feel like you’re back in biology class.

Whether you’re lookin’ for probiotics to keep your belly happy or omega-3s to make you feel like a well-oiled machine, they got it all. And if you’re not sure where to start, just ask ‘em. They’ll guide you toward somethin’ that’ll make you feel like a million bucks, without you havin’ to guess what any of it means.

### **H3 4. A Vibe That Feels Like Home**

Now, I used to think health food stores were a little fancy for my taste, full of folks who’ve never heard of fried food. But not at Fiesta on Eighteenth. This place has got that laid-back, Southern hospitality that just feels right. Nobody’s judgin’ you for not knowin’ what kombucha is—they just want you to find somethin’ good that makes you feel good, too.

The people here treat you like family, the kind of folks who are happy to help you out and make sure you're leavin' with somethin' that'll keep you comin' back. Whether you're a health nut or just gettin' started, Fiesta on Eighteenth feels like home.

## **H2 How to Find Fiesta on Eighteenth in Monroe**

Right here on Eighteenth Street in Monroe, **Fiesta on Eighteenth** is easy to get to and hard to forget. Whether you're just tryin' to eat a little cleaner, find some snacks, or stock up on vitamins, you're only one stop away from feelin' like a health superstar.

<map embed: <https://maps.app.goo.gl/mnapueRoGVt7QQ7KA> >

## **H2 Stop By Fiesta on Eighteenth for a Taste of Healthy, Southern Style**

If you're in Monroe and wanna try livin' a little healthier without sacrificin' flavor, swing by Fiesta on Eighteenth. They got all the snacks, smoothies, and supplements you need to feel your best, without ever makin' ya feel outta place. Go on and give 'em a try—you might just find out that gettin' healthy is a lot tastier than you thought.

Blog 13: Tired of sacrificing gains for a drink? Kava drinks are a legal alcohol alternative that aligns with your fitness goals.

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## **Blog 12: Fieldhouse Bar & Grill: Where Monroe Folks Go to Eat, Cheer, and Holler at the TV**

Alright, y'all, listen up. If you haven't been to **Fieldhouse Bar & Grill** in Monroe yet, then I don't even know if we're on the same page here. This place has got everything you need to make you feel like a true Louisianan: big ol' burgers, drinks as cold as your ex's heart, and enough TVs to make sure you don't miss a single second of the game—even if your team's losin' so bad you wanna look away.

### **Why Fieldhouse Bar & Grill is Monroe's Crown Jewel**



## **1. Game Day Glory and the Art of Yellin' at the Screen**

Here's the thing: Fieldhouse ain't playin' around when it comes to game day. They got TVs on every wall, up on the ceilings, probably in the bathroom too if you look hard enough. It's basically a sports cathedral for folks who believe in the holy trinity of beer, burgers, and touchdowns.

And let me tell ya, you can scream, yell, even throw a little fist in the air—don't nobody mind. This ain't one of those quiet places where folks politely clap after a touchdown. Naw, here at Fieldhouse, you're allowed to let loose, holler at the ref, and maybe even throw in a few choice words if the other team scores. It's all part of the charm, y'know?

## **2. Food So Good It'll Make You Question Your Life Choices**

Fieldhouse knows how to feed a crowd, and they do it right. You ain't leavin' this place hungry, I'll tell ya that much. They got burgers that are so big you'll need both hands, a prayer, and maybe a friend to help you finish 'em. And the wings? Lord have mercy. They got sauces hotter than a Louisiana summer, and if you're brave enough to try the hottest one, well, you're probably gonna need a glass of milk and a personal fan.

But it don't stop there. You want somethin' piled high? Get yourself the nachos—they're so loaded, you'll think you're eatin' a seven-course meal. This is food that'll make you question why you ever thought about tryin' kale.

## **3. Drinks That'll Knock the Dust Off**

Now, let's talk drinks. Fieldhouse has got everything you need to keep you nice and hydrated, or at least somethin' close to it. They got every beer you could ever want, from local brews to the good ol' classics. And if you're lookin' for somethin' a little stronger, they got cocktails that'll put a little pep in your step.

And look, the drinks come out fast and cold, the way the Lord intended. You're not gonna be sittin' there waitin' around like you're at some fancy place where they spend 10 minutes makin' a cocktail. At Fieldhouse, you order, they pour, and you're drinkin' before you even remember why you ordered it in the first place.

## **4. A Place Where Everybody Feels Like Family (and Some Might Actually Be)**

Fieldhouse Bar & Grill has got that kinda down-home vibe where you walk in, and it just feels right. The kinda place where you're just as likely to strike up a conversation with the folks at the next table as you are to start arguin' about who's got the best defense this season. It's friendly, it's fun, and it feels like one big family reunion, minus the awkward uncle that tries to sell you essential oils.

The folks who work here? Salt of the earth, I'm tellin' ya. They treat ya like you've been comin' there your whole life. You'll get smiles, high-fives, maybe even a "How's your momma and them?" if they recognize ya.

## **Find Fieldhouse Bar & Grill in the Heart of Monroe**

Right here in Monroe, Fieldhouse Bar & Grill is easy to find, hard to leave, and once you're in, you might as well call it home. You get food, you get drinks, and you get to yell at a screen without anybody lookin' at you funny. It's a little slice of Louisiana heaven, right here in town.

<map embed: <https://maps.app.goo.gl/whKEVboGPy31JH6V9> >

## **So Get on Down to Fieldhouse Bar & Grill**

Next time you're lookin' for a spot to catch the game, eat like a king, and drink like you're celebratin' somethin' big, get on down to Fieldhouse Bar & Grill. It's got everything you need and nothin' you don't. You'll walk out full, happy, and probably plannin' your next visit before you even hit the door.

## Blog 11: Can you drink Kava every day? Here's the truth the alcohol industry doesn't want you to know

Wally and I are currently fighting an uphill battle. Without diving too much into the politics, we're finding opening a Kava bar in Monroe, LA comes with a lot of hurdles. And the reason for this has nothing to do with *demand*, and everything to do with a broken system:

Politicians, both state and federal, have ties to the alcohol and pharmaceutical industry. As a result, these institutions and industries are creating obstacles to local businesses that are propping up alcohol alternative bars.

They don't want you to know kava bars like mine in Monroe, LA are open. They don't want you to know kava drinks have all the benefits of alcohol but without the hangovers.

**It would threaten the traditional bars and clubs that have deep pockets and strong ties to policymakers.**

As a result, you might hear a lot of confusion about kava drinks and how safe they are to drink.

We're going to bust those myths today by starting with the science:

## The Science of Kava Drinks

So, how many cups of kava can you drink a day until it becomes unsafe?

Let's compare:



**Kava vs. Alcohol: Weighing Daily Risks**

**Kava:** Drinking 4 cups a day, *every day*, can lead to mild sedation, digestive discomfort, and skin dryness (a condition called kava dermopathy).

Kava is also associated with liver toxicity in rare cases but only if taken in excess or combined with alcohol or medications. That's why we never serve alcohol in our bar in Monroe, LA. We're an alcohol alternative bar that promotes sobriety.

The alcohol industry will paint the picture that kava is on par with alcohol.

But kava doesn't impair motor skills or decision-making like alcohol, and it doesn't come with the same addiction risks either.

**Alcohol:** On the other hand, 4 cups (depending on the drink's strength) is already pushing into harmful territory for alcohol.

Daily consumption at this level can strain the liver, increase cancer risks, harm the cardiovascular system, and lead to dependency or addiction.

Long-term, the physical and mental toll of alcohol is heavier, with potential for irreversible liver damage, cognitive decline, and social consequences.

**Bottom Line:** If you're looking for a daily wind-down ritual, kava is safer than alcohol, especially in moderation.

But 4 cups of kava every day, for the rest of your life, might be pushing it. So to play it safe, you'd ideally want to alternate or take a few kava-free days to keep potential risks in check.

## So why was Kava banned in some countries?

Kava faced a wave of bans across Europe because of a flawed study on liver toxicity.

In the late 1990s and early 2000s, there were reports of liver damage linked to kava consumption, including a few cases of severe liver failure.

Countries like Germany, the UK, and Canada had banned kava. Since then, these countries have uplifted the ban because the research paper was found to be incredibly flawed.

The research paper is called: "**Hepatotoxicity of Kava Kava: A Review**" by Andreas Strahl, et al., published in *Journal of Toxicology: Clinical Toxicology* in 1998.).

And even though health professionals all agree that kava is a safe alcohol alternative, the studies that came out in the 90s have created long-term damage to the kava industry.

## Do Fijians Drink Kava Every Day?

In Fiji and other Pacific Islands, kava is more than just a drink, it's a deeply ingrained part of social and ceremonial life.

Traditionally, kava is consumed during gatherings, religious ceremonies, and important community events.

It's seen as a way to bring people together, create a relaxed atmosphere, and foster conversation and connection. Kava drinking is often accompanied by rituals, including specific ways of preparing, serving, and sharing the drink.

While it's true that kava is sometimes consumed daily in these cultures, it's done mindfully and in communal settings, not as a solitary or mindless habit.

Drinking kava in Fiji is a social activity with cultural significance, and the pace is slower. Participants are there to savor the experience rather than overindulge.

This mindful approach and the cultural respect for kava is our guiding philosophy in our kava bar at Monroe, LA.

We're not just creating an alcohol alternative environment. We're also trying to create an alternative to the toxic culture of alcohol: Binge drinking, rowdiness, bar fights, unsafe experiences for women, and more.

## Are kava bars fun?

So now that we've addressed the elephant (and the donkey) in the room, let's talk about how kava drinks create a great vibe for you and friends:

Our kava bar in Monroe, LA is set up to be inviting. We get people from all walks of life come in and drink a shell. If you're a spiritual person, a patriotic person, a traveler, a traditionalist, a modernist, a person studying for his exams, a person working remotely; you're all welcome.

And if I didn't mention the type of person you are, my apologies, because you're welcome as well.

We like to be social at the Visbar, and kava drinks help with that. And if you just want to sit in the corner and focus on your projects, we respect that too.

So yeah, if you're up for a laid-back, communal vibe, kava bars can definitely be fun!

Why don't you come to our kava bar in Monroe, LA, and see for yourself?

Bula 🙌,

Phung, at the Visbar



# Blog 10: Healthy Never Tasted So Good: Daily Harvest Is Monroe's Freshest Secret

Alright, so listen up, y'all. If you're in Monroe and you're lookin' for a place where the food is as fresh as the jokes at a family reunion, then **Daily Harvest** is where you wanna be. This place has got that healthy, tasty vibe but with enough Southern charm to make you feel like you're sittin' down to a meal at Aunt Patty's—minus the fried everything.

## Why Daily Harvest is Monroe's Fresh Food Gem

### 1. Salads That'll Make You Forget About Fried Food

Now, I know what you're thinkin': "Salads? In Louisiana?" Yes, sir, and trust me, the salads here are somethin' else. We're talkin' **big, bold, and downright delicious** salads that are packed with enough flavor to make you wonder why you ain't been eatin' like this all along. They got ingredients in here that I didn't even know existed, y'all. Kale, quinoa, edamame—sounds fancy, but it tastes like it's exactly what your taste buds have been missin'.

Their *Strawberry Fields* salad? It's got strawberries, pecans, and feta cheese, which is basically a love letter to the South in salad form. One bite, and you'll be back to tellin' everyone about how you're "eatin' healthy these days" like you've been doin' it your whole life.

### 2. Sandwiches That Don't Skimp on Flavor or Size

Look, just 'cause you're eatin' a little lighter doesn't mean you gotta starve. Daily Harvest's sandwiches are stackin' high and packin' in flavor, and they're the real deal, y'all. You want chicken? They got it. You want veggies? They got that, too. And they make sure each sandwich is so big you gotta hold it with both hands like you're wranglin' a baby gator.

Their *Harvest Turkey Club* is the one you gotta try. It's got turkey, bacon, avocado—basically everything you'd ever want on a sandwich, but done up all fancy so you don't feel like you're cheatin' on your healthy-eatin' goals.

### 3. Smoothies That'll Make You Feel Like a New Person

Now, I'll be honest: I used to think smoothies were just what folks in California drank while they talked about doin' yoga. But then I had one at Daily Harvest, and I tell you what, I see the light now. These smoothies are so fresh, you'll feel like you just got back from a 5K run (even if you've been sittin' all day). They got flavors like *Blueberry Bliss* and *Tropical Twist* that'll make you think you're on a beach somewhere instead of right here in Monroe.

It's the kinda drink you grab when you're feelin' like you need a little somethin' good in your life. Plus, they're healthy, so you get to feel smug about it, too.



#### 4. A Vibe as Fresh as the Food

Daily Harvest has this whole cozy, laid-back thing goin' on. You walk in, and it's like you've entered a little oasis where everything's bright, clean, and all about good vibes. It's the kinda place where you wanna sit and stay awhile, maybe even read a book if that's your thing (or just scroll your phone—no judgment).

They've even got plants everywhere, which I think just makes the food taste fresher. And the folks workin' here? Friendliest bunch you'll ever meet. They're more than happy to tell you what's good (spoiler: everything) and make sure you leave full and happy.

#### Easy to Find, Hard to Forget

Located right here in Monroe, **Daily Harvest** is easy to spot and even easier to love. You swing by, grab a salad, smoothie, or one of those stacked sandwiches, and suddenly, you're eatin' healthy and feelin' fancy. It's the kinda place that keeps you comin' back, whether you're in for a quick lunch or just tryin' to balance out all those beignets you had last weekend.

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#### Stop By Daily Harvest for Fresh Eats with Southern Flavor

So next time you're lookin' for food that's fresh, tasty, and makes you feel like you're doin' somethin' good for yourself, head on over to Daily Harvest. They'll take care of you, feed you right, and remind you that healthy eatin' can still taste real dang good. Monroe's lucky to have a spot like this, so go ahead—treat yourself.

## Blog 9: Not Just Pie: Where Monroe Louisiana Finds the Perfect Slice of Southern Comfort

When it comes to comfort food and desserts, **Not Just Pie** in Monroe, Louisiana, is the place to be. This charming, family-owned café has become a local favorite, drawing in pie lovers and comfort food enthusiasts from all over. Whether you're craving a hearty Southern meal or a slice of homemade pie, Not Just Pie delivers a taste of home with every bite.

### Why 'Not Just Pie' is a Monroe Essential

#### 1. Homemade Pies That Taste Like Home

The star of the show at Not Just Pie is, without a doubt, their **homemade pies**. Baked fresh daily, each pie is crafted with love and time-tested recipes that make every bite unforgettable. From classics like pecan and chocolate to seasonal favorites like peach and blueberry, there's a pie for every taste.

The pies here aren't just desserts; they're an experience. Imagine biting into a slice of pecan pie with a perfectly flaky crust and a gooey, caramel-like filling. Each pie brings a sense of warmth and nostalgia, giving you a true taste of Southern hospitality.

## **2. Comfort Food Done Right**

Not Just Pie doesn't just specialize in desserts—their savory menu is packed with classic comfort food that's perfect for any meal. From **fried chicken** and **Southern casseroles** to rich mac and cheese, every dish is made from scratch with quality ingredients. This isn't fast food—it's slow, home-cooked goodness that reminds you of family dinners and Sunday gatherings.

The portions are generous, and the flavors are as bold as they are comforting. Whether you're looking for a hearty lunch or a casual dinner, the food at Not Just Pie will leave you full, satisfied, and craving more.

## **3. A Warm, Welcoming Atmosphere**

Step inside Not Just Pie, and you'll feel right at home. The cozy, no-frills atmosphere is inviting, with friendly staff who treat you like family. The décor may be simple, but the focus is all on the food and the people, making it a place where you can relax and enjoy a good meal in a warm environment.

It's the kind of place where you can linger over coffee and dessert, catching up with friends or enjoying some quiet time on your own. Not Just Pie's welcoming vibe makes every visit special, giving locals a place to slow down and savor the good things in life.

## **4. A Monroe Tradition with Deep Roots**

Not Just Pie has been part of the Monroe community for years, building a reputation that extends far beyond its walls. Locals know it as a reliable spot for delicious food and excellent service, and visitors quickly see why it's such a beloved part of the city. Supporting Not Just Pie means supporting a local business that's deeply embedded in Monroe's culture and culinary scene.

## **Find Not Just Pie in Monroe**

Conveniently located in Monroe, Not Just Pie is easy to find and well worth the visit. Whether you're stopping by for a quick bite, grabbing dessert to-go, or planning a leisurely lunch, Not Just Pie's central location makes it a perfect stop for locals and visitors alike.

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## **Don't Miss Out on Not Just Pie**

Not Just Pie isn't just a place to eat—it's a Monroe institution that's served up comfort and joy to countless locals and visitors. Whether you're a lifelong fan or discovering it for the first time, you're in for a treat. Stop by Not Just Pie and experience the flavors of Monroe, one homemade bite at a time.

Blog 8: Is kava the middle ground between coffee and alcohol? Here's how they compare.

**VISBAR MENU**

COFFEE \$2.50-\$3.50	KAVA SINGLE DOUBLE		
FRAP	MINI	\$4.00	7.00
WHITE CHOCOLATE	BLOND	\$4.00	7.00
TEAS \$3.45-\$5	HOUSE BLENDS & MIXES \$8.00-9.00		
FRENCH PRESS	BOTANICAL TEAS		
FLAVORED COLD BREW	GREEN \$6.00	11.00	
TRIPLE BLEND	RED		
ENGLISH BREAKFAST	WHITE		

\* ASK US ABOUT OUR SPECIALTY ITEMS  
#BULA  
@the\_visbar



It's 3pm and the day's been intense. Maybe you've been working hard to finish deadlines, or you've spent the whole day running errands.

It's too late to be drinking coffee, and it's too early to be drinking alcohol, or perhaps you're like us, and you don't drink alcohol at all.

So, you're caught in a familiar dilemma — reaching for a pick-me-up or a slow-me-down, yet neither feels *quite* right.

That's where kava comes in.

Kava drinks melt away tension like the first sip of a cocktail yet leaves your mind as clear as a cup of tea.

Kava is the middle ground between coffee and alcohol, offering a wave of calm without the crash, the jitters, or the judgment-blurring buzz.

If coffee is for waking up and alcohol is for winding down, kava is here for that in-between moment, giving you calm clarity to float through your day.

So, let's dig into the details: What makes kava such a unique middle ground between coffee and alcohol? And how does it stack up when you're choosing your next go-to drink?

## Energy and Alertness – Coffee vs. Kava

For most of us, coffee is the go-to answer for energy.

That first sip jolts you awake, transforming sluggish thoughts into sharp focus. It's why coffee has earned its place as the world's stimulant of choice.

It's crazy to think how one substance has dominated the morning routines of billions of people. According to World Metrics, [2.25 billion cups are consumed worldwide every day](#). This translates to nearly one cup per day for every three people on the planet.

But coffee's energy boost comes with a price: jittery nerves, an elevated heart rate, and sometimes, a dose of anxiety. Some people experience caffeine crashes that leaves them drained just a few hours later.

So, what about kava?

While kava won't wake you up with a jolt like coffee, it offers a different kind of energy.

It's a calm, steady focus that doesn't send you on a rollercoaster of ups and downs.

Kava's effects are subtle but profound: instead of a caffeine-fueled rush, it gives you a relaxed clarity that lets you stay present without the edges fraying.

This makes it an appealing option for those who want to avoid coffee's overstimulation yet still feel mentally engaged.

In fact, many who try kava at my kava bar in Monroe, LA, discover a smoother, longer-lasting focus that doesn't bring the afternoon slump.

So, if you're in Monroe and searching for a wake-me-up, kava drinks may be just what you're looking for.

## Relaxation and Stress Relief – Alcohol vs. Kava

When it comes to unwinding, alcohol has - historically - been a winner.

(A large reason for this is due to the nefarious tactics of the alcohol industry, such as banning alcohol alternatives. But that's another article for another day.)

Anyway, alcohol is what people reach for at the end of a long day, at social gatherings, or when they need a bit of courage to loosen up. Some folks drink too much of it and that has huge impact on those around them.

Many who do not enjoy alcohol, feel pressured to drink it, even on special occasions like weddings or holidays like Christmas.

It's easy to see why the pressure is there. Those who like to drink alcohol want you to share in their revelries: Tension fading, muscles relaxing, and worries melting away.

But alcohol comes with side effects that can be less than desirable — impaired judgment, loss of coordination, and, of course, that dreaded hangover.

This is where kava presents a unique alternative, especially for those who want to join on all the fun and not appear as a “party pooper”

Kava is a drink used in the South Pacific in social settings, similar to how alcohol is used. It offers similar relaxation effects without the cognitive impairment that alcohol often brings.

Instead of blurring your thoughts or slowing down your reaction time, kava provides a gentle relaxation that targets physical tension and stress.

It's known for its muscle-relaxing properties and soothing effects on the mind, helping people unwind without losing clarity.

For those looking for an alcohol alternative in Monroe, LA, kava drinks provide a way to relax socially without the mental fog or the morning-after effects of alcohol.



## Social Connection – Alcohol vs. Kava as Social Drinks

Alcohol is a great way to get a party going, but it can quickly lead to blurred judgment, unpredictable behaviors, and, occasionally, regrets.

(Flashback to the time you revealed your inner secrets to everyone at the party)

This is where kava steps in as an alternative with a completely different vibe for social settings.

At a kava bar, the experience is calm and connected without the unpredictable side effects of alcohol.

Kava provides a steady, relaxed feeling that enhances social interactions without compromising clarity or self-control. One regular at my kava bar in Monroe, LA, described it perfectly as a “social relaxant.”

It helps take the edge off, fostering easy conversation and camaraderie without the “loosening” effect of alcohol, which can sometimes escalate social interactions in *unintended* directions. (Hint: Fight, fight, fight)

As more people in Monroe, LA, and other communities explore kava drinks, kava bars are becoming popular alternatives to traditional bars, offering a place to gather, unwind, and chat freely with friends.

The experience is one of community and relaxation, appealing to those looking for an alcohol alternative that still creates a social ambiance.

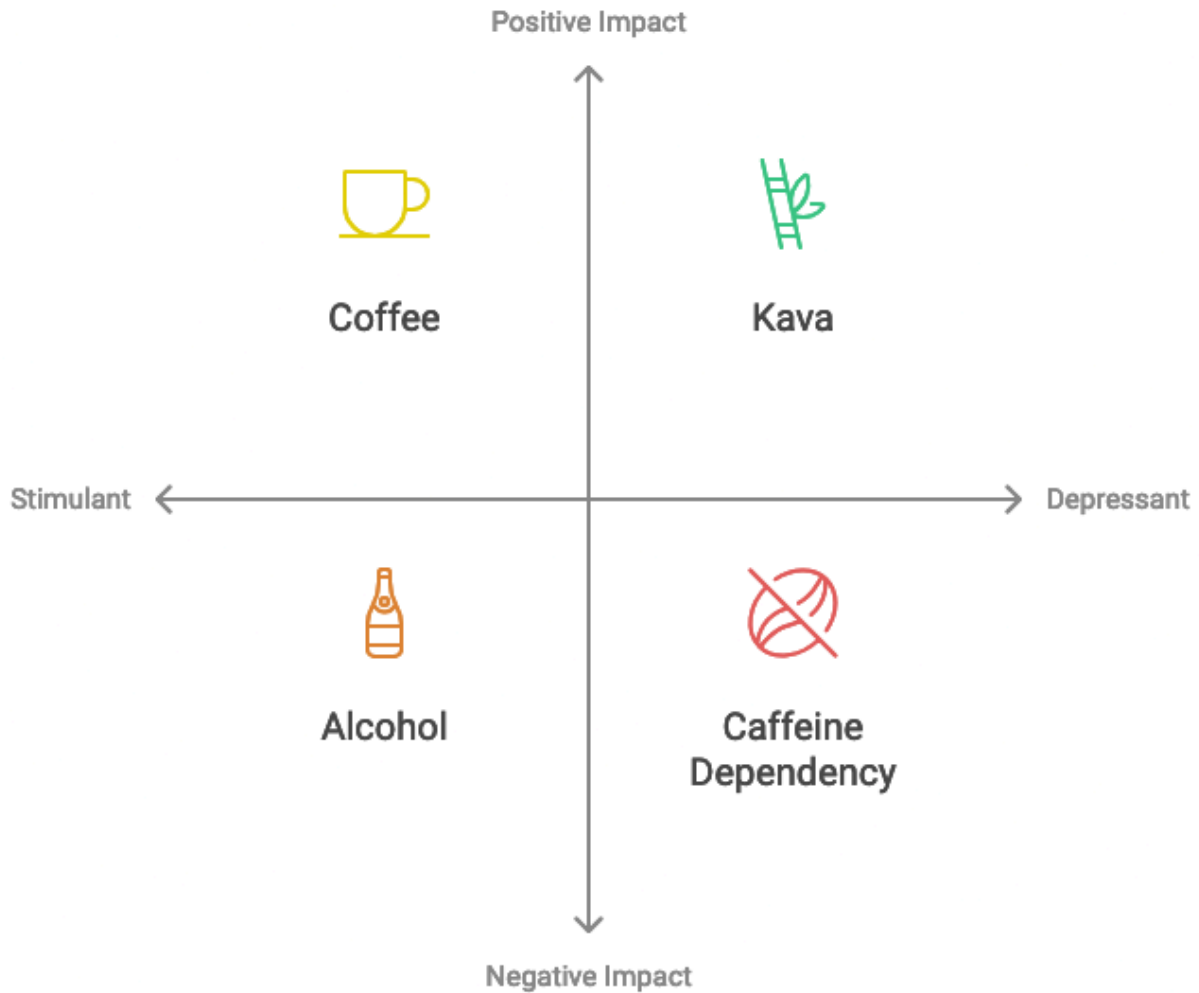
## Health and Wellness Considerations – Coffee, Alcohol, and Kava

Can we all agree on this? When it comes to what we drink, we're not just after flavor — we're after the effects too?

But we also want to make sure we stay healthy, both physically and mentally.

So, let's review:

## Substance Effects and Health Impact



**Coffee:** The world's wake-up call. Coffee kicks in fast, boosting focus, mood, and even long-term brain health with antioxidants.

But the caffeine buzz can turn on you with jittery nerves, sleep disruptions, and a dependency that demands daily fixes. It's a love-hate relationship. Some thrive on it, while others find themselves burned out and unable to unwind.

**Alcohol:** The classic relaxer with a catch. It loosens you up, but it comes with a heavy price tag: compromised judgment, clouded clarity, and long-term impacts on the liver, heart, and mind.

Even the social drinker can feel alcohol's grip the next day with sluggishness and fog. And anyone who tells you they don't get a hangover from binge drinking, might have a bigger problem on their hands...

**Kava:** The balanced alternative, gaining fans at kava bars in states across the US. We have a kava bar here in Monroe, LA, and it's become an alternative to traditional bars and nightclubs.

Here's why:

Kava provides an easygoing relaxation that feels like a release without the side effects. It's a great place to keep your mind clear and feel social.

And unlike caffeine or alcohol, kava doesn't drive dependency. For those looking to clear their heads, kava offers a unique place in wellness — calming without fogging up the mind or fraying the nerves.

Curious how kava can help you relax?

Okay, here's the thing: We've talked about how kava can be the go-to drink between coffee and alcohol, and for some, that's a fantastic way to shake off the late afternoon.

But kava, honestly, can be drunk any time of day. At our Kava bar in Monroe, LA, we have people come in the morning, drinking kava while they read or study. And we have folks come in the evening, treating our bar as a place to unwind and chill with their friends.

It's entirely up to how you use our bar. And that's our philosophy at the Visbar. We have people from all walks of life come in, drink, and enjoy the good vibes.

If you want to experience this for yourself, come down to our kava bar in Monroe, LA and we'll show you an alcohol alternative that will reshape the way you have fun.

## **Blog 7: Title: Johnny's Pizza House: The Ultimate Monroe Pizza**

### **Experience You Can't Miss**

For pizza lovers and locals alike, **Johnny's Pizza House** is a Monroe essential. This homegrown pizza joint has been serving up its famous slices across Louisiana since 1967, but it's more than just a place to eat—it's a slice of Monroe's heart and soul. With several convenient locations around Monroe, Johnny's makes it easy to get your pizza fix, whether you're craving classic toppings or Cajun-inspired creations.

### **Discover What Makes Johnny's Pizza House Monroe's Favorite Pizza Spot**

#### **1. Meet the "Sweep the Kitchen" Pizza: A Monroe Legend**

When you think of Johnny's Pizza House, the **"Sweep the Kitchen" pizza** immediately comes to mind. This pizza is a Monroe legend, piling on every topping you could imagine—from savory pepperoni and sausage to fresh veggies and melty cheese. Each bite of the "Sweep the Kitchen" is a flavor-packed experience that keeps locals coming back for more.

This pizza isn't just loaded; it's perfectly balanced, making sure every topping shines. It's no surprise that the "Sweep the Kitchen" has earned Johnny's its place as a true Monroe icon. When visiting, it's a must-try that shows why Johnny's is at the top of the list for **best pizza in Monroe**.

#### **2. Taste Cajun-Inspired Pizza, Louisiana Style**

Johnny's doesn't just stop at traditional pizzas—they bring the flavors of Louisiana straight to your plate. Their **Cajun-inspired pizzas** are a celebration of local flavors, featuring ingredients like spicy sausage, crawfish, and Johnny's special Cajun seasoning. It's a Monroe twist that takes pizza to a whole new level, giving locals and visitors alike a true taste of Louisiana with every slice.

Johnny's Cajun-themed pizzas are a unique offering you won't find at just any pizzeria. These specialties make Johnny's stand out as **the best place for Cajun pizza in Monroe**, adding to its reputation as a community favorite.

### **3. A Welcoming Atmosphere Perfect for Any Occasion**

Whether you're catching up with friends, enjoying family time, or grabbing a quick meal after work, Johnny's Pizza House is always the perfect spot. The inviting, laid-back environment is designed for everyone to feel at home, and the friendly staff add to the relaxed vibe that makes each visit enjoyable. With multiple Monroe locations, there's always a Johnny's nearby, ready to welcome you in.

From cozy booths to big tables for groups, Johnny's can accommodate any gathering. This is more than just a restaurant—it's a community hub where Monroe locals gather to enjoy food and company.

### **4. Johnny's Pizza House: A True Monroe Landmark**

Johnny's Pizza House is more than a pizza place; it's a part of Monroe's community and culture. From sponsoring local sports teams to hosting fundraisers, Johnny's stays deeply involved in giving back to the Monroe area. Supporting Johnny's isn't just about enjoying a great meal—it's about being part of a Monroe legacy that has brought people together for generations.

With a foundation built on family, community, and delicious food, Johnny's Pizza House is a testament to Monroe's rich culture and spirit.

### **Locations Throughout Monroe— There's Always a Johnny's Nearby!**

Whether you're new to town or a lifelong resident, finding a Johnny's location near you is easy. Just search for "Johnny's Pizza House near me," and you'll discover several locations across Monroe ready to serve up their signature pizzas. Take a look at the map below to see just how close you are to enjoying the best pizza in town.

### **Visit Johnny's Pizza House Today for the Best Pizza in Monroe, Louisiana**

When you're looking for the best pizza near you in Monroe, Johnny's Pizza House is the answer. From the legendary "Sweep the Kitchen" to the bold Cajun-inspired pies, every bite at Johnny's delivers an authentic taste of Monroe and Louisiana.

(here's the closest one to the Visbar)

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## **Blog 6: New to Kava? Here's what you should know about Monroe, LA's kava bars**



As a kid growing up in the 90s, shows like Friends and Cheers were always on the screen. I was hooked on this idea called the 'third place' where "everybody knows your name". For Cheers, it was the bar. For Friends, it was the cafe.

Picture me, ten years later, sick of the alcohol scene, wondering where is my third place?

It seems like everyone in their 20s is doomed to hang out in bars and clubs, get drunk all the time and feel constantly sluggish.

Anything else is considered dull. Boring. Not worth your time. And if you're the type who likes a buzz, it seems as if you are doomed to these third places or drink at home like a true alcoholic.



I wanted to create a space where people could kick back, vibe, and feel welcome without the pressure of alcohol, but still feel that buzz. Then I got learning about kava drinks, and how they give you health benefits AND a buzz, without sacrificing your commitment to sobriety.

By now you've probably already researched a lot about how kava drinks give you that alcohol alternative you've been looking for. But what about kava bars? What can you expect when you enter one?

For places like our kava bar in Monroe, LA, we might just have the third place you've been looking for. It's all about vibing and having a good time.

Here's what you can expect 🙌

What is a Kava drink and how does it make you feel?



Just in case you don't know what kava drinks are already, here's a quick breakdown:

Kava is an all-natural, plant-based drink that helps you unwind without messing with your head like alcohol does. It contains Kava, which is an active compound that promotes feelings of relaxation, reduces your anxiety, and improves mood.

It's like hitting that perfect balance—you get the chill, euphoric feeling of alcohol but stay totally clear-headed. No hangovers, no fuzziness, just good vibes.

What's it like to hang out at a kava bar in Monroe, LA?

When you walk into kava bars like Visbar, you're going to feel a certain vibe.

The people are chill, and the energy is pure zen.

Most kava bars have comfy seating, and everyone's either deep in conversation or just kicking back, sipping on a kava drink. It's a place to meet up with your crew, do some studying or even fly solo.

Regardless of what you do, if you're drinking kava drinks in Monroe, LA, we're committed to making our environment safe and welcoming.

Unlike your typical bar scene, there's no pressure to pound shots or get rowdy. People aren't looking to hook up or get into fights. This is an alcohol alternative space where people can have fun and have deep and meaningful conversations.

It's a breath of fresh air when you enter a kava bar 🥲

## What kind of kava drinks can you buy?

Here at our Kava bar in Monroe, LA, we serve traditional kava shells, along with some blended options like *Adult Kava Milk*, which includes a creamy base and cocoa powder to mask the kava flavor.

And we don't just serve Kava drinks either! We have a variety of teas that have intrinsic health benefits such as our famous "Hormone balancer" (Message us about it and we'll explain more)

Plus, we serve green, red, and white teas, along with your standard variety of coffee.

All of these drinks are extremely affordable with prices ranging from \$3 to \$7. We have opted to go for these affordable prices because, unlike popular coffee chains that

monopolize and then hike up the prices, we believe communities should have a third place to come together — not be exploited by big franchises.

We hope our kava bar in Monroe, LA fulfills that mission.

## Is Kava considered a drug?

Kava is not considered a drug in the traditional sense, but it is a natural herbal supplement derived from the root of the *Piper methysticum* plant, native to the South Pacific.

It's used for its calming, anti-anxiety effects and makes you feel euphoric without impairing your cognitive function like alcohol or other drugs.

While it has relaxing properties, kava is regulated as a dietary supplement in many countries, including the U.S.

So it's not classified as a controlled substance, but it shouldn't be used excessively.

When consumed responsibly, kava is seen as a safe and natural alcohol alternative. At Visbar, we prioritize education on safe consumption so everyone can enjoy the benefits of kava in a mindful way.

## Are Kava drinks like CBD?

Kava and CBD (cannabidiol) share some similarities, but they're different in how they work and the effects they produce.

Similarities:

- Both are natural and plant-derived.

- Both are known for their calming, anti-anxiety properties.
- They are commonly used as alcohol alternatives for relaxation and stress relief without the "high" or impairment caused by substances like alcohol or THC.

Differences:

- Source: Kava comes from the root of the Piper methysticum plant, while CBD is extracted from the cannabis plant (hemp or marijuana, depending on the strain).
- Effect Mechanism: Kava affects the central nervous system through compounds called kavalactones, which produce a mild euphoria and a relaxed feeling. CBD interacts with the body's endocannabinoid system, helping regulate mood, pain, and inflammation, but it doesn't typically create a "buzz" or euphoria like kava.
- Sensations: Kava provides a more noticeable physical relaxation and slight numbness (especially around the mouth) after drinking, whereas CBD often delivers a subtle sense of calm without those physical sensations.

In short, kava offers a more immediate "chill" effect, similar to alcohol but without cognitive impairment, while CBD provides a more gentle, overall calming effect.

At Visbar, we're Team Kava as it tends to be more social and mood-lifting.

### How long does the kava drink's high last?

The "high" or relaxed feeling from drinking kava typically lasts anywhere from 1.5 to 3 hours, depending on the amount consumed, your tolerance, and the strength of the kava.

- Mild Effects: You might feel the initial effects, such as relaxation and slight euphoria, within 20-30 minutes after drinking kava. These sensations are often described as calming, making you feel more sociable and at ease.
- Peak Effects: The peak effects usually occur within the first hour, when the calming, almost "floating" sensation is strongest.
- Gradual Fade: After about 2-3 hours, the effects start to fade, leaving you feeling clear-headed without any drowsiness or hangover-like aftereffects, unlike alcohol.

One of the big draws of kava, especially for people at places like Visbar in Monroe, LA, is that it lets you stay relaxed and social without the crash or cognitive fog that you might experience with alcohol.

What's better to drink: Kava drinks at a bar in Monroe, LA or Yogi's Kava?

Pre-packaged kava drinks, like those from Yogi brand or other commercial products, contain smaller amounts of kava extract compared to traditional drinks served at kava bars.

While they may offer some mild calming effects, they are usually less potent and not as effective as the kava you would experience at a kava bar.

Here's why:

## Concentration

Traditional kava drinks are made from the powdered root of the kava plant, mixed fresh to deliver a stronger concentration of kavalactones—the active compounds responsible for the calming and euphoric effects.

Pre-packaged drinks like those from Yogi may use smaller amounts or less potent extracts to fit commercial guidelines, resulting in much milder effects.

## Experience

Drinking fresh kava, like what you get at Visbar, provides a more immediate and noticeable effect—mild euphoria, relaxation, and a slight numbing sensation in the mouth. Pre-packaged kava drinks tend to not offer this level of intensity.

## Purpose

Many commercial kava drinks are formulated to be more of a daily stress-relief aid and are usually combined with other calming herbs (like chamomile or valerian), while traditional kava drinks are meant to be a stronger, more immediate experience for socializing or relaxation.

What's stopping me from visiting a kava bar in Monroe, LA?

Nothing! So if you want a true Kava experience, come down to Visbar in Monroe, LA, and we'll show you just how awesome it feels to be “grogged out”.

And if you're looking to adopt a sober life, you'll stay grounded to who you are when visiting our kava bar in Monroe, LA.

Bula! 🥥



## **Blog 5: Discover Why Enoch's Irish Pub & Café is Monroe's Favorite Spot for Live Music and Irish Fare**

When you're in Monroe, Louisiana, and looking for a spot that blends live music, good food, and warm community vibes, **Enoch's Irish Pub & Café** is the place to be. Just



minutes away from ULM, Enoch's has been a beloved local hub for decades, offering visitors an authentic Irish experience in the heart of the South.

## **Why You'll Love Enoch's Irish Pub & Café**

### **Live Music in Monroe That Brings the House Down**

For those who love live music, Enoch's is a hidden gem. The intimate venue provides an up-close-and-personal feel to every performance, from local bands to regional artists. The music fills the room, yet it's never overpowering—making it the perfect backdrop for a laid-back night with friends.

Imagine walking into the pub as soft acoustic tunes welcome you, a local band getting ready to start their set. The atmosphere is electric yet relaxing, making it easy to grab a drink, sit back, and lose yourself in the music.

### **Authentic Irish Charm in the Heart of Monroe**

Step inside, and you're greeted by the rustic wooden interior, cozy lighting, and the faint aroma of freshly poured pints. Enoch's transports you straight to a classic Irish pub. From its selection of Irish whiskeys to the crowd-favorite **fish and chips**, Enoch's successfully merges traditional Irish vibes with Southern hospitality.

Feeling adventurous? Try one of their signature Irish cocktails, or stick with a cold pint of Guinness. Either way, you'll feel like you've just crossed the Atlantic without leaving Monroe.

### **A Menu That Hits the Spot**

Whether you're craving comfort food or looking for something new, Enoch's menu doesn't disappoint. Famous for their burgers and traditional pub fare, they also offer

lighter options, ensuring that everyone leaves satisfied. Their signature **fish and chips** is a must-try, with its perfectly crispy batter and tender fish.

The diverse menu keeps people coming back for more, and it's no surprise that locals rave about the hearty, satisfying meals that complement the live entertainment perfectly.

### **Community Spirit: Where Friends and Strangers Become Family**

More than just a pub, Enoch's is a place that brings the community together. Whether it's poetry nights, live bands, or casual meetups, there's always something happening at Enoch's. It's a spot where Monroe locals mix and mingle, forming friendships over pints and performances. The laid-back vibe invites you to stay for hours—whether you're there for the music or to enjoy some great food with great company. At Enoch's, everyone is welcome.

### **How to Get to Enoch's from ULM and Visbar Kava Lounge**

Located just 10 minutes from **Visbar Kava Lounge** and even closer to ULM, Enoch's is perfectly situated for an easy, quick outing after class or work. Whether you're looking to unwind after a day at the university or are wrapping up a relaxing evening at Visbar, Enoch's is the ideal next stop.

## Blog 4: Discover the Chill Vibes of Kava: Your New Go-To Spot in Monroe, Louisiana

Hey there, Monroe fam! Ready to kick back, relax, and find your new favorite hangout spot? Let me put you on something that's been around for centuries but is just starting

to make waves here in Monroe—kava. Whether you're looking to chill after a long day, vibe with friends, or just find a new way to unwind, kava might just be your new best friend. So, grab a seat, and let's dive into what makes kava so special and why you should definitely check it out at Visbar, Monroe's chilliest kava and botanical tea lounge.

## So, What's the Deal with Kava?

Alright, here's the lowdown. Kava is a drink made from the root of the *Piper methysticum* plant, which hails all the way from the South Pacific islands. Imagine sipping on something that islanders have been enjoying for centuries, helping them relax, reduce stress, and connect with each other. This isn't just a drink; it's a vibe, a mood, a whole experience.

## Why Kava is the Real MVP

Let's get real—life can be a bit much sometimes. Whether you're dealing with work, school, or just the everyday grind, we all need a way to unwind. That's where kava comes in. Here's why kava is the GOAT when it comes to relaxation:

1. **Straight-Up Relaxation:** Kava chills you out without making you feel loopy. You can relax and let go of stress while staying clear-headed. It's like that moment when you kick off your shoes after a long day—instant relief.
2. **Bye-Bye Stress and Anxiety:** Got the jitters? Kava's got your back. It's been shown to help with anxiety and stress, making it a natural way to find your calm. No prescription needed, just pure, natural goodness.
3. **Social Vibes:** Kava is like social glue. It's perfect for chilling with your crew, deep conversations, or just connecting with new folks. It's the ultimate drink for bringing people together.

4. **Sober Living, But Make It Fun:** If you're on that sober living tip, kava is a solid alternative to alcohol. You get all the relaxation without the hangover. No cap, it's the best of both worlds.

## Visbar: Your New Spot to Kick It in Monroe

Now that you're hip to what kava is, let me tell you about Visbar. This place is legit the first non-alcoholic lounge in Monroe that's all about kava and botanical teas. The vibe here? Immaculate. Whether you're new to kava or a seasoned pro, Visbar is where you want to be.

### How to Enjoy Kava at Visbar

We're all about options here, so however you like to roll, we've got you covered:

- **Traditional Kava:** Keep it OG with our classic kava drinks. This is how it's meant to be enjoyed—pure, simple, and straight-up relaxing.
- **Flavored Kava Drinks:** Want to switch it up? Try our flavored kava drinks. We mix in natural ingredients like coconut or pineapple to keep things fresh while still giving you that kava kick.
- **Kava Shots:** On the go? Grab a kava shot for a quick dose of relaxation. Perfect for when you're short on time but need a moment of zen.

### The Kava Scene in Monroe

Monroe is all about community, and so is kava. At Visbar, we're building something special—a space where everyone can come together, relax, and just vibe out. It doesn't matter if you're rolling solo or with your squad, there's always a place for you at Visbar.

### Why Kava and Monroe are a Perfect Match

Monroe is known for its rich culture and tight-knit community, so kava fits right in. It's all about slowing down, enjoying the moment, and connecting with the people around you. Whether you're a local or just passing through, you've got to stop by Visbar and experience kava for yourself.

### **Directions to Visbar**

Ready to join the kava fam? Here's how you find us:

- **From ULM Library:** 10 min walk
- **From the Interstate:** HWY 165 S inbetween the Wendy's & Podnuh's BBQ

### **Join the Chill Movement at Visbar**

So, what are you waiting for? Head on over to Visbar, grab a drink, and see what the kava buzz is all about.

<map embed> <https://maps.app.goo.gl/CqCWnGkXx1d4quU97>

Follow us on Instagram and Facebook for the latest updates, events, and specials.

**Get ready to relax, Monroe. Kava is here, and it's a whole vibe.**

## Blog 3: H1: Kava Drinks Are Officially The Alcohol Alternative To “Hitting The Town”



There's something that's been bugging me for years...and that's the *alcohol lifestyle*.

Bars, clubs, and parties where everyone's idea of a good time is downing shots and chugging beer until they can barely stand. I've seen people pee themselves, puke in their own hair, lose teeth, and get stabbed – all because of this dangerous lifestyle.

Now, before you roll your eyes and think, "Oh great, another health nut trying to kill our fun," hear me out.

I used to be part of that whole alcohol-driven lifestyle. I know the drill—wasting your weekend nursing a hangover, waking up with that dreadful feeling of, "What did I do last night?"

Let's not even get started on the peer pressure. There's always that one guy who thinks you're lame if you're not pounding back shots like there's no tomorrow.

It's exhausting, and honestly, it's not sustainable. Our bodies and minds deserve better.

But are you supposed to just spend your weekends twiddling your thumbs?

Should you raw-dog a social gathering? I.e. Everyone is on a buzz...except you?

In this article, I'll show you that there *IS* an **alternative to alcohol** that can be equally as fun, if not more.

I know this as a fact because I dropped the alcohol scene a long time ago, and just started my own **kava bar** in Monroe, LA.

"A **Kava bar**?" you ask. "What's this **alternative to alcohol**, you mention?"

I'm glad that you asked. Because you'll like what I have to say next 😊

H2: "What is **Kava** and how come I've never heard of it before?"

Kava has been around for centuries, used in the South Pacific islands like Fiji, Vanuatu, and Tonga.

It's not just a drink; it's a tradition, a ritual. People gather around, share **Kava**, and engage in meaningful conversations. It's about community and connection, something that's often missing in our alcohol-centric culture.

And it's no surprise that you haven't heard about **Kava drinks** until now.

The alcohol industry is a multi-billion-dollar behemoth that thrives on people's dependency. They market booze as the ultimate social lubricant – the key to a good time.

And, in turn, they try their best to silence healthier alternatives, like **Kava drinks**.

H2: “What's the science behind **Kava**? Is it safe to **drink**?”

Kava contains compounds called kavalactones, which have been shown to reduce anxiety and promote relaxation without impairing cognitive function.

You're not getting blitzed out of your mind; you're just mellowing out. It's like hitting the pause button on stress and letting your mind and body take a breather.

Can you imagine how much healthier our society would be if more people turned to **Kava** instead of alcohol to unwind?

The addiction, the broken relationships, the alcohol-related diseases – this is a pandemic they don't want you talking about, despite it being the leading cause of preventable deaths.

**Kava drinks** are a healthier, more enjoyable, and more spiritual alternative.



H2: “What is the experience like at a Kava bar?”

If you come visit my Kava bar in Monroe, LA, you’ll find the atmosphere is relaxed, the lighting is soft, and the vibe is all about connecting with people, not getting wasted.

You order a shell of Kava, and as you sip, you feel this wave of relaxation wash over you. Your muscles loosen up, your mind clears, and suddenly, you’re having genuine conversations with people who aren’t trying to out-drink each other.

Sounds like a dream, right?

H2: “Who makes up the Kava community?”

I can only speak for the Kava community in Monroe LA, but I'll say this much:

You’ll find people from all walks of life—students, professionals, artists, athletes. It’s a melting pot of individuals who are looking for a healthier way to socialize.

There’s a sense of inclusivity and acceptance that’s often missing in traditional bar scenes.

Everyone’s welcome, and everyone’s respected.

This is totally different to a typical bar.

In those places, there’s this unspoken pressure to drink more, to keep up, to not be the “lightweight.”

It's a toxic cycle that can lead to overconsumption and all the problems that come with it.

In my **Kava bar in Monroe, L.A.**, the vibe is completely different. It's about enjoying the moment, the company, the conversation. You're not in a race to see who can drink the most. You're there to relax and connect.

H2: Is **Kava** a good option for fitness enthusiasts?

Unlike alcohol, **Kava** doesn't wreck your liver, it's not addictive, and it doesn't come with a side of nausea and headaches the next day.

It's a natural way to unwind, something that actually supports your well-being instead of tearing it down.

And for those of you who are fitness buffs, **Kava** won't mess with your gains or your running times. You can enjoy your evening, get a good night's sleep, and hit the gym the next morning feeling refreshed.

H2: "What does **Kava** taste like, and is it something I can get used to?"

Kava has a unique flavor—earthy, kind of like a strong herbal tea. It might take a bit of getting used to because it has a strong punch, similar to spicy food.

But while eating spicy food is hard at first, we all love to nibble on some hot wings once in a blue moon, am I right? 🤞

Truth is...you won't know if you'll like Kava drinks until you've tried it. So if you come visit my Kavar bar in Monroe, L.A., I'll introduce you to some unique flavors that give my Kava drinks that extra *Hmphhh*.



H2: “Should I drink Kava instead of alcohol?”

The alcohol industry has us believing that we need booze to have fun, to be social, and to fit in.

But that's a lie. It's a trap that keeps us hooked on something that's not good for us.

Kava offers an alternative to alcohol, a way to break free from the cycle they created to keep us hooked.

It's about enjoying life without the hangover, without the regrets, without the damage to your body and mind. And also, without the boredom 😊

By visiting Kava bars like mine in Monroe, L.A., you're not just going to have a good time. You'll be supporting a small business that cares about its community, instead of feeding into the corporate giants of the alcohol industry.

So the next time you're planning a night out, skip the overcrowded, loud bars and sticky floors. Find my Kava bar, pull up a seat, and enjoy a shell with friends old and new.

Here's the address: **1100 Sterlington Rd Suite C, Monroe, LA 71203**

You'll find that the conversations are richer, the connections are deeper, and the experience is more fulfilling.

It's time to rethink what it means to socialize.

Follow us on Instagram [@the\\_visbar](#) to keep up to date with all the fun things we have going on.

Peace out,

Phung, Visbar



Blog 2: Looking for a Healthy Buzz Without the Hangover?

Try Maeng Da **Kratom**

IN A PARALLEL UNIVERSE where neither **Kava** nor Alcohol exists:

It's Saturday, the sun's setting, and you're getting ready for a meditation session when a good friend messages you with: "Hey, wanna get high on heroin tonight?"

Anyone who is serious about being healthy will, naturally, say no. But then you remember you tried heroin in high school. You loved how it used to make you feel and you think, *I'll treat myself just this once.*

Queue the downward spiral.

Now let's teleport back to our universe where, instead of heroin, it's alcohol—a substance just as addictive as nicotine and just as lethal as opioids.

And yet, it is the only drug in the world that has seven million bars and nightclubs where people go to consume it. No other drug-related establishment compares.

*In other words, **alcohol has a monopoly on having a good time.***

So no one should feel guilty for "giving in" – even if they're trying to be healthy, both spiritually and physically. This \$1 trillion industry does a good job of persuading people to drink their product.

A simple text message like: "Hey, wanna get drunk tonight?" is chipping away at the wall we build to protect ourselves from this addiction.

But here at our **kava bar in Monroe, LA**, we believe it doesn't have to be like that. We think being healthy & fun can be mutually inclusive ideas.

Just imagine it for a moment: A healthy drink that can restore your mental health, make you feel spiritually bound, AND it can give you a buzz just like alcohol – without the hangover.

Sounds like a magic substance, doesn't it?

Introducing **Kava drinks** 😊

H2: What is Maeng Da **Kratom**? Should you drink it?

**Kava** is an extract from the Piper methysticum plant, native to the South Pacific islands.

It's been used for centuries in ceremonies, social gatherings, and as a medicinal remedy.

The magic of **kava** lies in its active ingredients called kavalactones, which are responsible for making you feel super chill and at peace with yourself. So if you get anxious in social settings, **kava drinks** really help with that.

The science behind **Kava** is awesome! **Kava** contains Desmethoxyyangonin which boosts dopamine levels. So essentially, you can unwind without losing mental clarity. Compare that to alcohol, which as we all know, has a downward spiral effect that makes us feel sluggish and depressed.

It's no wonder why **Kava** has become an **alcohol alternative** for millions of people worldwide.

H2: What's the Best Way to Consume Maeng Da **Kratom**?

There are plenty of ways to consume **Kava**. We'll list all of them here, though if you're looking for an **alcohol alternative**, skip to Kava teas 😊

## Supplements

Capsules and tablets can be a convenient alternative. However, it's less potent and lacks the deep spiritual and communal experience that comes with traditional **kava drinking**.

## Liquid Extracts

Concentrated liquid kava extracts are potent and can be mixed with water or juice. This method is 🔥 if you want a quick and strong dose of kava.

## **Kava** Paste

Ideal for soothing sore muscles, kava paste can be mixed with oil and applied topically for relaxation and pain relief.

## **Kava** Tea 🍵

If you've never drank **Kava** tea before, you're in for a wonderful surprise!

Many enjoy the earthy, muddy flavor as it bounds you to the authentic, traditional experience. As a result, you feel more connected, mindful, and appreciative of the ritual of **kava drinking**.

However, folks who are fresh to this spiritual experience might find the taste shocking at first. It's similar to spicy food; it gives you an initial shock but then your taste buds adjust and you find the new taste irresistible.



To add to this experience, we create blends at our **Kava bar in Monroe, LA** that make **Kava drinks** next-level delicious.

The best blend I've made so far is *Adult Kava Milk*, which combines kava with milk and cocoa. When you come for a **kava drink in Monroe, LA**, give it a try – it won't disappoint 😊

## H2: Join the Movement Against Alcohol with Maeng Da **Kratom?**

**Kava** isn't just a drink; it's a movement. It's about choosing a healthier, more mindful way to relax and connect with others.

Alcohol has long dominated social settings and has been the cause of so many societal issues.

At Visbar, we're challenging this status quo by offering **alcohol alternatives** that promote well-being and a genuine connection with your friends and family.

If you want to break free from the alcohol-addicted society, come chill at a **kava bar in Monroe, LA**. We are located at **1100 Sterlington Rd, Suite C, Monroe, LA 71203**

Visbar can be your local hub for holistic health and social connection. Our Instagram account, [@the\\_visbar](#) will keep you up to date on our community events.

Come and join us when you're next available!

For now, sending you good vibes,

Phung Nguyen, Visbar

Blog 1: Do you feel pressured to drink with friends? **Kratom** gives you *that* buzz, without feeling bored or drunk...

Did you know that the alcohol industry pushed binge drinking during the beginning of the Industrial Age?

It's no surprise why it was so effective: Workers were forced to clock in and out, toil in coal, receive low wages, and **work for 12 hours straight**. So, naturally, they turned to booze as a coping mechanism.

Now, the alcohol industry paints itself as the go-to for having fun, but the problem still remains.

People abuse alcohol every weekend, despite it being a depressant that causes liver damage, addiction, mental health issues, and impaired judgment.

And anyone serious about their health and wellness faces pressure from friends and family who want to "have a good time"...with a substance that's designed to kill you.

Well, if you're on a spiritual journey right now and you're looking to break free from this "weekend trap", I have some good news:

Here at my **kava bar in Monroe, LA**, we have an alternative way to socialize and have fun.

You don't need to appear "boring" because you're sober. And you certainly don't need to drink booze to get yourself a buzz.

We serve alcohol-free alternatives like Kava and Krotum that give you the buzz you've been looking for, while still being healthy, and having a good time.

But nobody knows about these alternatives to alcohol because alcohol is a \$1 trillion industry that actively lobbies against them.

Well, it's time to spill the beans. In this blog, I'll explain why Kratom specifically, is a healthy, alcohol-alternative drink here in Monroe, LA.

## H2: What is Kratom drink?

**Kratom**, or *Mitragyna speciosa*, is a tropical tree from Southeast Asia belonging to the coffee family.


Traditionally used in countries like Thailand for its medicinal properties (That's where my parents are from!), **Kratom drinks** have gained popularity for its benefits to both your body and your spirit.


On a physical level, it boosts energy and provides pain relief.


On a spiritual level, it enhances meditation and a deeper sense of well-being.

At Visbar, we're proud to offer the tastiest **Kratom drinks in Monroe, LA**.

We have three types that each offer unique benefits:

 **Red Vein Kratom**: Known for its potent relaxation and pain-relieving properties, red vein **Kratom** is perfect for unwinding after a long day.

 **White Vein Kratom**: This strain offers a significant energy boost, similar to caffeine but without the jitters. Ideal for enhancing your focus and stamina.

 **Green Vein Kratom**: A balanced strain that provides moderate energy and relaxation. It's an excellent choice for newcomers to **Kratom**.

## H2: What Kind of Drug Is **Kratom**?

**Kratom** is an herbal supplement derived from the leaves of the *Mitragyna speciosa* tree.

The scientific name for **Kratom** is **Maeng Da Kratom**. It is created through a method called grafting, which combines different plant tissues to enhance potency.

## H2: Is Kratom Safer Than Alcohol?

Yes :) but as they say in the medical industry, ***the dose makes the poison.***

Drinking too much **Kratom** can have a negative impact, and should not be abused.

If you're drinking strong cups of **Kratom**, we recommend no more than four cups a day.

Alcohol, in comparison, should not exceed one cup for women, and two cups for men.

## H2: Why Is Kratom Healthy?

**Kratom** is cherished for its multifaceted benefits, including:

- Boosting mood and feelings of euphoria
- Enhancing mental clarity and memory
- Reducing mental fatigue
- Increasing stamina

It's a natural **alcohol alternative** to substances like alcohol or opiates, offering pain relief and energy without the risk of addiction.

For those managing chronic pain or looking for a natural way to enhance their mood and energy, **Kratom** is a game-changer.

## H2: How Does Kratom Help Me Spiritually?

In Southeast Asia, particularly in Thailand and Malaysia, **Kratom** is traditionally used in religious and cultural ceremonies.

It enhances spiritual experiences, provides energy for long rituals, and deep focus during meditation.

But it's also used for recreation, too!

It's common for locals to chew the leaves or brew them into tea to relax after a hard day's work, socialize, or simply enjoy its stimulating effects.

And it's common to see gatherings where **Kratom drinks** are shared among friends and family, much like how coffee or tea is enjoyed in the West.

I personally like to drink it with my dad at our family-owned **kava bar in Monroe, LA**, sometimes during the day and sometimes at night. **Kratom** is an anytime, any-day-type drink :)

## H2: Want To Break Free From the Booze Culture? Try **Kratom drinks at Visbar in Monroe, LA**

We've all been sold a lie that we need to drink alcohol to have fun.

But here's the truth: It's an addictive poison that hinders your spiritual connection to the earth, and over 2 billion people around the world are hooked on it.

Drinks such as **Kratom** and **Kava**, on the other hand, give you all the benefits of alcohol, without the addiction – while still helping you restore your spiritual energy.

And if you visit us at **1100 Sterlington Rd Suite C, Monroe, LA 71203**, we'll serve you **Kratom** blends with lemonade and simple syrup that are to die for.

So if you're curious about this new way to socialize, come visit us at Visbar: A **kava bar in Monroe, LA**, which offers a refreshing, **alcohol-alternative** social experience.

By the way, we're a new business so we'd appreciate your support if you follow us on Instagram [@the\\_visbar](#).

Be well,

Phung Nguyen, Visbar