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## 7 Reasons to Consider White Dragon Kratom for Your Health Regimen

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If you've been considering adding kratom to your wellness regimen, you've likely come across multiple publications recommending one strain or cultivar over the others.

But what truly makes a kratom strain outstanding? Well, it has much to do with its distinctive effects.

While some strains are inherently stimulating, others are more mellowing. Some cultivars may also provide all-rounded benefits, uplifting your energy while soothing your nerves.

White dragon belongs in the latter category, and in this article, we shall unpack the top seven reasons to consider adding the strain to your wellness routine.

### Introducing White Dragon

The white dragon is a kratom strain native to Malaysia. It's a hybrid cultivar obtained by crossing a white elephant with a white maeng da.

As the name implies, the white dragon is a white-veined kratom cultivar.

Note that kratom's leaf veins appear in three dominant colors – white, red, or green. White-veined strains are famous for their uplifting properties, while red-veined strains are mostly soothing. Green veins pack most of the effects of white vein and red vein cultivars.

The “dragon” reference in this strain's name resonates with the eponymous mythical fire-breathing creature that has captivated the imaginations of many Asian cultures for centuries.

But as you're about to find out, the effects of the white dragon aren't limited to body stimulation. This legendary kratom cultivar may provide a host of other benefits due to its diverse alkaloid profile.

Therefore, you can buy **high quality white elephant kratom** and administer it for several health issues, including those typically alleviated with red vein strains.

### Reasons to Add White Dragon to Your Health Regimen

## 1. White Dragon May Supercharge Your Energy Levels

**White dragon's energizing properties** are rooted in its rich pedigree. Derived from two of the most stimulating kratom cultivars, this strain can be perfect for anyone grappling with fatigue.

Incorporate white dragon into your breakfast routine to charge up for the day ahead. Since the strain's stimulating properties are similar to those of caffeine, you can take white dragon tea alongside your morning coffee to synergize the effects of both beverages.

## 2. White Dragon May Combat Mental Slump

White dragon doesn't stop at stimulating your physical energy. The strain may combat mental slump as well.

When consumed, the active alkaloids in white dragon – particularly mitragynine and 7-hydroxy mitragynine – relieve mental fatigue by **activating certain opioid receptors** in the brain.

Thanks to its ability to reenergize your mind, the white dragon can be perfect for consuming right before undertaking mentally strenuous endeavors like workplace brainstorming sessions.



## 3. White Dragon May Enhance Your Moods

Erratic mood oscillations are the bane of our modern-day lives. Hardly an hour goes by without undergoing a mood-depressing experience.

While white dragon may not guarantee a stress-free day, the strain can provide powerful mood-enhancing benefits.

Consider carrying white dragon snacks to work to keep mood swings at bay. Your colleagues will be mesmerized by your consistently high spirits despite the numerous low moments at the workplace.

## 4. White Dragon May Alleviate Body Aches

Aching muscles and stiff joints can significantly reduce your daytime productivity. If these problems are symptomatic of an underlying chronic disease, they could further reduce your overall quality of life.

Like most kratom strains, the white dragon may help alleviate body aches. Again, that has much to do with its positive interactions with opioid receptors in the body.



## 5. White Dragon May Calm Your Nerves

White-vein kratom strains are generally reputed for their stimulating abilities. However, the white dragon does you one better.

Besides activating your energy reserves, this strain may also soothe your nerves. Its overall effects are generally dose-dependent.

At low doses, the white dragon is mostly uplifting. But as you increase the serving portions, the strain starts to produce soothing effects.

## 6. White Dragon May Lull You to Sleep

If you've grappled with sleep deprivation before, you know how severely it can impact your daytime productivity. White kratom's calming properties make it a welcome addition to your bedtime routine. When consumed late in the evening, the strain can fight sleep deprivation by shortening your sleep latency.

Remember that white dragons are invigorating at low doses and mellowing at higher portions. Therefore, it's best to exercise caution and stay within safe dosage limits.

Many seasoned kratom users consider 3 – 8 grams per day as an ideal dose. Anything more than that can trigger worrying adverse effects, particularly if consumed at once.

## 7. White Dragon May Enhance Sociability

One of the social benefits of the white dragon is its ability to induce euphoria and overall feel-good effects. Multiple findings have shown that people who consumed white-veined kratom strains (including white dragon) demonstrated increased sociability.

White dragon users are generally happier with their lot. They're also more given to striking and maintaining meaningful conversations.

Whether you're planning a maiden date or a social gathering, it pays to include a white dragon in your plans.



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## Wrap Up

Despite its numerous benefits, the efficacy of white dragon comes down to the doses consumed.

As a beginner, it's prudent to start with lower serving portions and work your way up in little installments until you hit the proverbial sweet spot.

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