

# Cultural Daily

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## Best Kratom Strains for Euphoria and Anxiety

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From southeastern Asia, its purported origin, kratom is fast spreading globally.

Being a relatively new discovery [particular to westerners], researchers plead for more time to explore kratom's benefits and possible long-term effects.

However, related researches and a truckload of user testimonies suggest kratom may hold good promises for a range of conditions, including:

- Pain
- Anorexia
- Insomnia
- Lack of focus
- And a couple more

Firsthand users particularly attest to kratom's high potentials to help boost euphoria and, in turn, relieve anxiety.

But given the different kratom strains, navigating the market for the best kratom for euphoria and anxiety can be somewhat tricky – particularly for new and prospective users.

If you can relate, no more freaking out.

This article walks you through some of the best options you can select from for your anxiety disorder.

Before we list our favorite picks, let's quickly discuss how to use kratom for anxiety and euphoria.

### Using Kratom for Anxiety and Euphoria

Managing your moodiness with kratom begins with selecting the right strain.

Dosage amount is another factor that determines kratom's outcome. The rule of thumb says to use low to moderate amounts to avoid over dosage.

Users who go overboard with their doses report undesirable effects. In many cases, they felt couch-locked and knockout instead of an uplifted, happy mood.

While these body-hitting results may look good for some occasions, they would do more harm to your hangouts if you're struggling with an anxiety disorder.

To boost kratom's euphoric effects, you may consider mixing your kratom into substances collectively referred to as potentiators. Kratom potentiators help speed up the metabolism rate for faster absorption and effects. Here are commonly used potentiators you may consider:

- Turmeric
- Grapefruit
- Chamomile
- Valerian root
- Cayenne pepper

Since combining these potentiators and kratom may multiple the effect, consider decreasing your kratom portions to avoid overshooting. Adding these enhancers to your regular kratom dose may cause sedative effects.

If you seek a sleepy effect, then it's fine. Otherwise, it's a valid no-no if you're trying out kratom for your anxiety.

### **Best Kratom Strains for Anxiety and Euphoria**

Three strains come to mind if you wish to turn on the happy-go-lucky hormones – the Red, White, and Green-veined kratom variants.

Here are some sub-strains that does the *magic*:

#### **White Thai**

White Thai is widely renowned for its ability to deliver high-potent euphoric effects.

Unlike most other strains, white Thai delivers long-lasting effects even with low-to-moderate doses. This strain also comes in handy for increased focus and energy boost.

White Thai is commonly grouped among recreational-leaning strains. However, moderate doses show the plant may manage certain psychological health challenges, including anxiety and stress.

If you ever feel exhausted and need to re-up your energy level, this strain is a sure bet.

#### **Green Maeng Da**

Here's another strain commonly praised for its fast-acting long-lasting euphoric effects.

Besides euphoria, Green Maeng Da is famous for enhancing focus and improving mental stimulation – similar to white Maeng Da's offers.

Green [Maeng Da Kratom](#) may deliver a high potent analgesic effect, manage social anxiety, and boost mood.

Little wonder why the strain is popular among people with anxiety and depression.

## Green Malay

This strain is famous for its unique analgesic effect. Yet, the plant has also won the hearts of many recreational users. Green Malay doesn't only work for euphoria; it boosts cognitive functions and alertness.

While green Malay's stimulating effect may be among the least in the green vein world, evidence suggests it may induce calmness – good news for victims of anxiety and depression.

This strain delivers impressive effects even in small doses. So, it may be more reasonable to begin with low doses and increase accordingly until you find your sweet spot.

## White Borneo

Based on the amount dosed and individual body metabolism, the White Borneo can deliver a range of effects. From stimulant to increased focus and pain relief.

However, you may need to stick with moderate doses to experience its whole stimulant property. Higher doses may leave you sedated.

But regardless of your dose, White Borneo won't fail on its typical euphoric-rich promises, which stick for most of your day's productive hours.

Many have swapped out their coffee for this strain as they recall how it helps them stay energized and focus. You too may consider that path to see if it works the same for you.

## Red Bali

If you seek kratom enthusiasts' opinion on the best kratom strain for anxiety and euphoria, the red bali will most likely make their recommended lists. The strain alleviates stress and anxiety and as well spikes your mood.

But as with all Kratom strains, doses anywhere above moderate may leave you sedated.

## How much kratom should I consume?

As mentioned, do well to begin your kratom journey with small doses and gradually aim for a more suiting amount.

Here are quick dosage tips you should know when using the best kratom for anxiety and euphoria.

- Stay between 1 and 3 grams of kratom if you seek an energetic and euphoric feeling and, at the same time, wish to alleviate your anxiety.
- For relaxation, step up to between 4 to 6 grams
- To stay between mild euphoria and being sedated, around 7 grams should suffice

When using the best kratom for euphoria, remember the doses above are recommendations from users' reviews and personal experience.

Although the dosage guide has been tested over time and considered safe, you may want to get in touch with a kratom-inclined doctor to discuss your health concerns.

## Is kratom safe?

Research has found [over 40 alkaloids in kratom leaves](#). These natural properties suggest kratom's high potency.

Kratom performs just like opioids, but being a whole-natural product, it is thought safer and may not deliver the typical opioids long-term reactions.

Selecting your strain is one thing. Your product's quality is another big determinant of the outcomes. So, quality brands with premium-grade products are your surest bet.

*Photo by [Laryssa Suaid](#) from [Pexels](#)*

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