



Kambo Ceremony Preparation Guide

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Kambo, also known as Sapo, is a traditional Amazonian medicine that has been used by indigenous tribes in the Amazon Rainforest for thousands of years. The practice of using Kambo “Giant Monkey Frog” has been passed down through generations and the history of its origins can be traced back to the earliest human settlements in the Amazon region. The Kambo ceremony ritual involves the application of a secretion from the skin of the *Phyllomedusa bicolor* frog. Which translates to Two color tree (leaf) guardian. The Kambo secretion is a non-psychoactive traditional medicine used in ceremonies for its profound healing properties, which include its ability to strengthen the immune system, improve physical and mental energy and also remove emotional blockages because of the peptide compounds found in the medicine. The secretion is traditionally used as a means of spiritual purification, some tribes believe Kambo helps to cleanse the mind and body of negative energies called “Panema.” The ritual promotes a deeper connection to Nature in the world. Without harming the frogs the secretion is collected on a stick when they are captured at night and gently stimulated to secure the Kambo and the secretion is dried onto the stick. The frogs are then released back into their habitat, and often marked to ensure the prevention of re-harvesting too soon. Traditionally Kambo was utilized as a medicine to aid the hunters in Amazonian tribes, giving them increased stamina, endurance, visual and mental clarity, and increased hearing abilities with a reduced need for food and water. It was often used in conjunction with a snuff called Nu-Nu to bring the hunters visions of where their next successful hunt would be. The medicine was also traditionally applied to women and children to treat various ailments such as parasites, malaria, snake bites and to rid them of “Panema”, or bad luck.

The scientifically-studied peptide compounds found in Kambo have dramatic effects on vascular, neurological, immunological and gastrointestinal systems in humans. We now know the secretion contains dozens of bio-active peptide families that have been shown to present potent anti-inflammatory, antimicrobial and immune-modulating effects. Since Westerns have discovered Kambo science is showing it to be a profoundly potent and effective medicine for addressing a large spectrum of physical and emotional ailments such as depression, arthritis, Lyme disease, infections, fatigue, pain, digestive complaints, substance dependency, autoimmune conditions, emotional traumas and the list continues to grow. The secretion collected by the Frog is now being called a miracle cure for almost any condition because the scientifically studied peptides stimulate endogenous (native to our bodies) opioid receptors in a unique synergistic way. These bio-active peptides found in Kambo interact without innate biological systems in ways that may be similar to endogenous peptides that are also structurally related. The physiological effects of Kambo's peptides are directly related to how the peptides interact with the cardiovascular, neurological and gastrointestinal systems. Please know that vomiting and diarrhea are not adverse effects, they are THE effects of Kambo's response to our bodies. While we have basic understanding of the main peptide compounds found in Kambo today, there are highly likely many other undiscovered peptides and benefits of the known peptides found in Kambo. Kambo is safe and legal when administered by a qualified, trained practitioner. The secretion is applied to small superficial burns on the skin called gates. The effects of Kambo come on immediately after the medicine is applied and include red flushing of skin, nausea, vomiting, diarrhea, sweating, light-headedness, increase in salivation, tetany, and other symptoms for up to 20 minutes. Users of this medicine repeatedly report amazing health improvements for a number of conditions, physically, mentally, emotionally and spiritually.

Kambo ceremonies are now more evolved and will be known for blending traditional ways and more innovative practices to provide the safest efficient container for the medicine to support participants in reaching their desired outcomes, while honoring the medicine in its entirety. Allowing the peptide compounds in Kambo to work synergistically with each other in the body to have immunomodulating, anti-inflammatory and rebalancing effects. It is important to add the innovating importance of synergy. Synergy is the interaction or cooperation of two or more organizations, substances or other agents (Peptide compounds found in Kambo) to produce a combined effect

greater than the sum of their separate effects. This interaction is something Western traditional medicine does not include or speak about in most of their research. Although Science has shown that some of the peptides found in Kambo have potent antibiotic and anticancer activity, others have found profound effects on the vagus nerve (the longest cranial nerve in the body that is part of the parasympathetic nervous system) and also the hypothalamus-pituitary-adrenal axis (HPA, a hormonal response system in the body that manages stress). None of the peptide families in Kambo have been identified as toxic to mammalian cells. There is no known toxicity from the use of Kambo to the liver, kidney, or brain. Science has discovered that the peptide compounds have however been found to be potentially toxic to fungi, bacteria, parasites, and viruses which lead to it being utilized as a great full spectrum antibiotic. Kambo has not yet been studied or approved by the FDA for treatment of any diseases. Though it has been shown that when Kambo is used to treat Lyme disease specifically, there was substantial anecdotal evidence for its usefulness in improving health outcomes given the potent antimicrobial, and anti-inflammatory activity of the peptides. It has also been reported by a great number of participants diagnosed with Lyme disease that kambo is one of the most profound interventions available today, stating they have gained traction in an upward spiral of regaining their health back in a way that no other modality has been able to provide regarding their Lyme symptoms.

Kambo is widely known as a detoxification intervention, because purging through vomiting is an effective way to eliminate old bile that has been saturated with fat-soluble environmental toxins. There is a large number of diseases and bodily dysfunctions that are caused by toxins and emotions that are trapped in our physical bodies. When the purging effects of Kambo take place, they start to clear the body of toxins, enabling the cells and tissues in our bodies to restore themselves and start the healing process. Furthermore, this allows our immune function and organs to come back into harmony and function optimally. Some participants report during a Kambo ceremony that it was considered purely a physical healing intervention and peptide therapy, while others report the ceremony as being a profound spiritual and psychological experience. In conjunction with Kambo's abilities to release stored trauma, energies, and emotions trapped in the body it is often reported that Kambo facilitates profound improvements in overall symptoms and health status in all participants. Depending on the participants individual health status the after-effects of a ceremony can vary. If you do have a chronic

illness such as lyme disease, candida overgrowth, extreme fatigue, or any other auto-immune condition you may experience a heavy detox. This is called die-off or herxheimer effect. This reaction can cause fatigue, irritability, and achiness while detoxing. This is because Kambo is such a potent antibiotic, it kills a number of pathogenic bacteria that can be living inside your body and during ceremony it causes them to burst open and release their biotoxins. The symptoms may last up to a week. If you do experience die-off symptoms this is a typical sign that you needed this medicine and it is good to note that you will feel better than before you took kambo generally after this phase. Individuals who are relatively healthy will more likely experience an increase in energy, better mood, more motivation, improved clarity, a heightened sense of peace and overall wellbeing and participants also report feeling a reduced need for food and water after completion of a ceremony. Kambo is unique and unlike any other substance, it is not hallucinogenic or psychoactive like other Amazonia medicines such as Ayahuasca, Bufo or Mapacho. Overall there is a strong spiritual component and many participants report receiving great clarity, an increase in synchronicities, having emotional releases and the ability to process old memories that may come up during the integration phase after a session.

Deciding on the amount of sessions one may need, should be based around the individual's health, and their goals in taking Kambo. It is highly suggested if you are trying to achieve a specific health related goal with this medicine such as, gaining relief from chronic health issues or targeting specific organs, things like bacterial infections, inflammation, or a deep detoxification, scheduling 3 sessions back to back is reported most effective. While others goals may include clearing emotional trauma stored in the body, or obtaining relief from things like depression and anxieties, its highly reported doing 3 sessions within 3 weeks is most effective. Another suggestion for a participant with more fragile health challenges, it's good to note that they may benefit from 3 sessions in 3 weeks giving them 1 full week in between each session to properly detox and recover. Most participants overall have reported that sitting with Kambo at least a couple times a year after reaching their health goals through previous scheduled sessions is great maintenance for them. A participant's first ceremony is most often an introduction to the spirit of Kambo. It's similar to soaking dishes before completely washing them clean, sometimes hardened old gunk needs to be softened a bit before fully cleaning it out. A second session is highly reported that people tend to experience more catharsis releases and more detoxification effects. Then by

the third session participants are more inclined in navigating the entirety of the experience, setting greater intentions and surrendering to the medicine, leading to their goals being met throughout their journeys. Other people have done one ceremony with Kambo and never do it again. It is solely up to the individual. Please note as a practitioner, it is completely okay to do Kambo 1 time, to simply experience it and never do it again. Though I highly encourage those with the greater health and wellness related intentions to schedule and experience at least 3 sessions minimum.

To prepare for a Kambo ceremony, the preparation protocol is accompanied by fasting for at least 8 hours prior to being served the medicine. Ceremonies are scheduled in the morning. Please do not eat breakfast, drink coffee, caffeinated tea or any other juices. Please abstain from any medications and or supplements unless absolutely necessary and confirmed with the practitioner. You may resume your medications and supplements upon completion of your ceremony. You can also consume coconut water, light herbal tea with honey, or electrolytes like sea salt added to water, they are okay. You will be completely debriefed on the entire process from start to finish upon arrival and you will be able to ask questions as they come up once you have entered the ceremony space. A safe container will be created by starting off with an opening prayer and you will have the opportunity to sit with both Hape and Sananga prior to being served Kambo. It is reported that a full Kambo ceremony can be considered both physically and spiritually challenging. Please know during your journey you will have my complete undivided attention. The ceremony may be accompanied by music, rattling, singing, smudging of sage, palo santo and intuitive encouragement and grounding throughout your process. The effects of Kambo can last for up to 20 minutes, then the medicine is wiped off. Once the medicine is applied you may feel your heart start to pound harder, and faster, a feeling of flushing in your face, pressure in your head, increase saliva, then nausea and purging will come on. Purging from Kambo is highly encouraged and an important part of your journey where your body will remove as much energetic and physical toxicity as you allow yourself to. I may encourage you to drink sips of water throughout your process to help lubricate and bring on a purge. Other effects may include shaking, emotion releases and a need to use the restroom. Please note that if you do need to use the toilet during a ceremony you will need to crawl to the bathroom, I will accompany you to the toilet to ensure your safety getting to and from the restroom. Two purge buckets will be present during your ceremony. You will have space to allow your body to fully

process the medicine. As your practitioner your safety during a ceremony is my main priority as well as being able to assist in grounding and clearing of the toxicity that is being purged throughout your ceremony. It is common to feel disoriented or overwhelmed by certain aspects you experienced during your ceremony. Upon completion of your session light nourishment will be provided and there will be time to process your journey with me, although it is not required.

Please allow yourself lots of rest, time for integration and nourishing foods after your ceremony. If you are able, it is highly recommended to ensure you have nothing planned for the remainder of the day of your ceremony. Depending on the participant's state of health, and how many Kambo ceremonies they have experienced, the after effects of the ceremony may vary. Some people report having increased energy, uplift in mood, improvement in pain, reduced stress, heightened stamina and cognition, while others report not feeling amazing right away, feeling more sluggish right after their ceremony. Feeling sluggish after a ceremony is attributed to herxheimer effect, this is also known as die-off symptoms and a positive sign that the potent antimicrobial peptides are having a massive effect on toxic organisms in your body. This is because the toxic organisms die, they open and burst releasing a number of toxic substances that the body will then start to filter out and detoxify immediately. It is important to note that all of these reports are valid and welcomed. Other feelings reported after Kambo ceremonies are, lethargy, depression, aches and pains, insomnia and intestinal irritation. These are all very common and may only last up to 1 week after your ceremony. These are also great signs that Kambo is working and shuttling out toxins, and these after-effects typically get shorter and less frequent with each ceremony.

Dragons Blood is a reddish sap that comes from the bark of a Croton tree in the Amazon, it is antibacterial and stimulates the reproduction of new collagen and will be applied to your gates to promote wound healing.

After a Kambo ceremony your body will be working very hard to detox, so it is advised to ensure you have ample time to rest, and recover to integrate your experience. Also avoid alcohol, inflammatory foods, and overexertion if possible. Give yourself permission to utilize the rest of your day for self care and naps if you are able to do so. The practitioner will follow up with the participant 24-48 hours after the ceremony for an Integration call, this is included with the ceremony but not required.

Pre Kambo Ceremony:

Do not drink an excessive amount of water prior to arriving at your ceremony.

You will be required to drink 1.5-2 liters of water with added sea salt (electrolytes) before your session, to allow for easy purging and cleansing of toxins.

Drinking too much water prior to your session can dilute your electrolyte concentrations in the body and can cause a serious condition called hyponatremia, which is when the concentration of sodium in your blood is abnormally low, which leads to electrolyte imbalances.

DO NOT abstain from salt in the days before your sessions.

Please avoid alcohol, dairy, sugars, and spicy foods immediately after the ceremony.

There is no specific “Dieta” for Kambo, though if you are able to eat organic, whole nourishing foods before and after your ceremony it will enhance your body's detoxification process, though it is not crucial to follow a strict diet before or after a session.

Wearing comfortable clothing that will allow access to the area the medicine will be applied is necessary.

What to bring:

A liter of filtered, neutral pH water. Please do not bring Alkaline or distilled water, this is your water for after your ceremony.

I provide your water and electrolytes for your ceremony

Wear comfortable clothing for easy access to the upper shoulder/arm area, lower back, or neck area etc.

Please bring an extra pair of clothes because accidents do happen and you may benefit from having an extra clean outfit to change into if needed.

A hair tie to tie back those with long hair.

Light snack or refreshment to eat once your ceremony is complete. (Fresh fruit, soup, cocoanut water)

Please do not wear dangling jewelry that may get in the way of your process

It is also recommended that those who wear contact lenses remove them prior to a session to receive Sananga, and avoid any pain if swelling of the eyes occurs.

The remaining balance to your contribution for your ceremony.

Additional Rituals that are included in the ceremony, although not required.

Rapéh

Rapéh is a snuff that is typically a combination of tobacco, ash, and other plants, seeds, flowers, herbs or cacao. The snuff is blown up the participants' nostrils where it rapidly gets absorbed through the sinus'. Rapéh is served prior to receiving Kambo to help ground energy, cleanse energies, release emotions and support focusing on your intention. The Rapéh ritual is used in Kambo ceremonies where there may be an energetic blockage and it can also induce purging. It is mucus forming and supports you in your cleansing process releasing stagnant or blocked energies, emotions and Panema from your mind, body and spirit.

Sananga

Sananga is a powerful antimicrobial, anti-inflammatory and antioxidant compound that improves eye health. It is made from many different plants, one specifically called the Amazonia plant called the Tabernaemontana undulate. It is a fermented extract that also includes various alkaloids that include ibogaine-like compounds. It is administered to each eye in the form of eye drops. One drop of Sananga is administered to each eye, then the participant will open their eyes, blink and rock their head back and forth then shut their eyes. An intense burning sensation will take place and dissipate quickly. It is important to know you will be lying on your back with a blanket during a Sananga ritual and you will be guided to soften and focus on your breath throughout its experience, while the practitioner grounds your energy.

After this ritual the individual will have improved vision, deeper sense of groundedness, heightened sense of spiritual clarity and a deeper sense of relaxation. Sananga traditionally is used to cleanse, purify and improve vision in the third eye, as well as treating a number of ocular conditions in the eyes and releasing blocked emotions stored in the body.

Kambo Sessions & Cost:

Private 1 on 1 Kambo Ceremony with Brittany, 2-3 hours. Includes Rapeh and Sananga Rituals, Plus Integration Call.

Cost: \$300

Kambo Innoculation, 3 Private Ceremonies within a 28 Day Moon Cycle. 2-3 hours each ceremony. Rapeh and Sananga rituals included, plus Integration Calls.

Cost: \$777

Microdose protocol for fragile health conditions. Please bring this to my attention on assessment call. Sessions and cost to be discussed per individual.

Please Note a 50% Deposit Required upon Booking and the remainder of cost due at session.