



Post-Kambo Integration Guide

Integration is not only helpful after an amphibian or plant medicine ceremony—it is 70–80% of the actual work. It is 100% necessary to gain the full benefits of Kambo. This is where wisdom takes root, daily habits shift, and long-term healing begins to ripple through your life.

What to Expect Post-Ceremony

It is common to feel:

- **Fatigue or Disorientation:** Feeling overwhelmed by daily tasks.
- **Heightened Sensitivity:** Feeling extra emotional or "raw."
- **Surfacing Stories:** Past memories or old emotional patterns may arise.

Recommendation: Allow yourself the remainder of the day to nourish yourself and rest. Avoid planning big tasks or high-stress jobs on the day of your ceremony.

Immediate Integration Tips

1. Hydration & Flushing

- **Priority:** Increase electrolyte intake both pre- and post-session.
- **Herbal Support:** Use the following as teas or tinctures to support kidney and liver flushing:
 - Dandelion Root
 - Burdock Root
 - Milk Thistle

2. Binders & Detox Support



- Shilajit (Resin or Tabs): Rich in minerals, fulvic, and humic acid. Supports remineralization and binds to residual toxins.
- Activated Charcoal: Helps mitigate Herxheimer (die-off) symptoms.
 - *Note: Take in small amounts with plenty of water. Excessive use can cause constipation and mineral depletion.*

3. Nourishment

- Listen to your body: Cravings vary from person to person.
- Suggested Foods: Light, organic whole foods.
- Grounding Choices: Warm soups, fresh fruits, and root vegetables.
- Avoid: Alcohol, inflammatory foods, and overstimulation.

Daily Practice Suggestions

- Mindfulness: Meditation (guided or silent) to become the observer of your thoughts.
- Journaling: Daily self-reflection and mindfulness tracking.
- Mirror Work: Look into your eyes while stating positive affirmations to boost self-compassion.
- Bodywork: Warm baths with Epsom salts/magnesium flakes, professional massage, or Yoga.
- Somatic Movement: Practices that soften and release stagnant energies.
- Breathwork: To regulate the nervous system and deepen the experience.
- Nature: Walking in the woods or at the beach to ground your energy.
- Community: Reach out to a trusted friend, practitioner, or therapist for support.
- Radical Rest: Naps and quiet time. Ask yourself: "*What do I need at this moment?*"



Journaling Prompts for Integration

The Ceremony Experience

- What was my original intention for working with Kambo?
- What do I recall most vividly from the ceremony?
- What thoughts, feelings, or sensations did I experience? Did they change over time?
- Did I notice any resistance, cognitive dissonance, or physical contraction?

Self-Awareness & Patterns

- Which thought patterns or behaviors surfaced that no longer serve me?
- Are there relationships in my life that are no longer serving my highest good?
- What boundaries do I need to implement today? What fears prevent me from doing so?
- If parts of me feel "tender" right now, how can I soothe them (e.g., grace, routine, protection)?

Future Growth & Action

- What am I willing to commit to every day during this integration?
- **SMART Goals:** What are 3 goals (Specific, Measurable, Attainable, Relevant, Time-based) that align with my Kambo intention?
- **Short-term (2–4 weeks):** What actions will help me embody these gains?
- **Long-term (3–6 months):** How can I deepen this process?
- How has my creativity or inner peace changed since the ceremony?



- What am I most proud of myself for?
 - If I sit with Kambo again, what would I do differently?
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Advanced Detox Support (Nutraceuticals)

Support for autoimmune concerns, Herxheimer effects, and remineralization.

- **N-Acetyl Cysteine (NAC):** A precursor to glutathione; neutralizes free radicals and detoxes heavy metals.
- **Omega-3 Fatty Acids (Fish Oil):** Essential for terminating the inflammatory process and providing neuroprotection.
- **Palmitoylethanolamide (PEA):** A fatty acid amide that stabilizes mast cells and improves nerve pain and inflammation.
- **Trace Minerals:** Chromium, selenium, and molybdenum help displace heavy metals and restore enzymatic health.
- **Boswellia Extract (Frankincense):** An ancient anti-inflammatory that inhibits pro-inflammatory enzymes.
- **Smilax (Sarsaparilla):** Binds and detoxes bacterial die-off debris (LPS) and protects the liver.
- **Modified Citrus Pectin:** A soluble polysaccharide that binds to heavy metals and disrupts the adhesion of unhealthy cells.

Note: If you have questions regarding physical effects, please reach out to your Kambo practitioner for clarity and guidance.