



Thank you for your interest in Kambo and in becoming a Kambo Warrior. I am a qualified and certified Kambo Practitioner and full member of the International Association of Kambo Practitioners (I.A.K.P.).

I work according to the IAKP's Codes of Practice. Before the session, I provide you with a personal consultation. During your Kambo Journey I will hold space for you to be in your own process.

Please do your own research to ensure you feel comfortable with being treated with Kambo. The IAKP Website is a great resource: www.iakp.org

The popularity and use of Kambo as a natural cleanse/detox is spreading worldwide. As the scientific and medical research into the secretion of the *Phyllomedusa bicolor* grows, skilled practitioners are also developing new ways to work with this powerful substance from the Amazonian Forest that allows it to be accessible to almost everyone in a safe and manageable way.

Not only do we now have several different traditional ways to take Kambo but we can also work with the Meridians, the Chakras, the ears – Auricular Kambo.

Kambo is very safe when given by a properly-trained practitioner, however there are some conditions for which Kambo is **CONTRAINDICATED**, including:

People who:

- **Have serious heart problems;**
- **Are on medication for low blood pressure;**
- **Have had a stroke, brain haemorrhage, aneurism or blood clots;**
- **Lack the mental capacity to make the decision to take Kambo;**
- **Have serious mental health problems - however depression, PTSD and anxiety are NOT contraindicated;**
- **Are undergoing chemotherapy, radiotherapy or for 4 - 6 weeks afterwards;**
- **Are taking immune-suppressants for an organ transplant;**
- **Have Addison's Disease;**
- **Have current and severe Epilepsy;**
- **Are recovering from a major surgical procedure;**
- **Are under 18 years old; or**
- **Are pregnant, or may be so, or are breast-feeding a child under 1 year old.**

This is not an exhaustive list so it's important to consult with me if you have any serious health issue.

The following people may take Kambo, but extra caution is required:

- **People taking immune-suppressants for autoimmune disorders;**
- **Women undergoing fertility treatment;**
- **People with serious eating disorders, i.e. Bulimia or Anorexia;**
- **People with active drug or alcohol addiction;**
- **People taking regular high doses of slimming, serotonin and/or sleeping supplements;**
- **Someone who has fasted for more than a few days before Kambo and who may have a disturbed electrolyte balance;**
- **People with abnormally high or low blood pressure;**
- **People with liver or kidney problems;**
- **Difficulty vomiting and/or excessive purging during /after drinking Ayahuasca**
- **Asthmatics;**
- **Diabetics;**
- **People with Epilepsy; or**
- **People who regularly consume diuretic medication or sports drinks.**

Please inform me prior to your session if any of the above apply, or if you are taking, or have recently stopped taking, any medications. Let's talk about your current and past medical history. **If you do not disclose your current and past medical history with me, you may be putting yourself at risk for serious health complications which may include the loss of your life.** I will require you to sign a document before the session starts that states that you have been made aware of any of these situations.

Other considerations:

- **I strongly advise against enemas, colonics, liver flushes, or any water based detoxes within 5 - 7 days either side of taking Kambo;**
- **People with asthma need to bring their inhaler with them;**
- **Diabetics need to bring insulin, testing strips and extra food;**
- **Menstruation flow may increase for 24 – 36 hours following the Kambo session;**
- **It is completely safe to continue to take any other medication, however please discuss this beforehand; and**
- **I also strongly advise that you DO NOT consume more than 4 liters of water during a single session (including 2 hours before and after).**

(Source – www.IAKP.org)

Please note:

- Wear loose, comfortable clothing – for women sleeveless shirt or sports bra.
- A change of clothes;
- Do not eat food for 8-12 hours beforehand; you can sip water and have an herbal tea with a teaspoon of honey 2 hours before your session
- Do not drink excessive amounts of liquid prior to the Kambo session. You will need to drink up to 2 liters of water 10-15 minutes before the Kambo is applied. I will provide the water. Please wait until I advise before drinking.
- Do not consume alcohol, drugs or other substances for 24-48 hours before or after the Kambo session.
- Try and avoid food that is strong on the liver for 24-48 hours prior to and after Kambo, e.g. saturated fats found in butter, sour cream, and other high-fat dairy foods, fatty cuts of meat, fried foods, sugary treats like biscuits, cake, soft drink, and packaged baked goods.

Application and what to expect:

Kambo is applied through 'gates'; meaning that the top layer of the skin will be burned first with a natural incense stick. The medicine will be applied directly onto the gate and distributed through the lymphatic system. For a short while you will experience an increased heart rate, fast dilation of the blood vessels causing a pounding or rushing sensation, swelling of lips and face, skin tingling, some dizziness and some may receive insights and messages. You will then purge out all the toxins; which works on a physical and emotional level. This work can be exhausting; a rest is needed after your process. Recovery may take from 45-minutes, up to two hours for some people. Depending on the intensity of your session, it may take up to 72 hours for the swelling to go down completely and your body to feel fully restored. This is not common to everyone but since everyone's immune system is different, some people may experience this. Soup, tea and/or fruit may be offered to energise your body after your treatment. Some feel the health benefit immediately and others within 24-72hrs.

Always trust the healing power of Kambo!

Rapé (sacred snuff) will be offered after the ceremony.

I look forward to share with you the gift of Kambo and welcome you to the brotherhood and sisterhood of Kambo Warriors. If you have any further questions please don't hesitate to come and talk with me.

Viva Kambo!

Carlos