

Kambô Cleanse

WHAT IS KAMBÔ

Kambô, known as Frog Medicine, is often referred to as 'vacina de floresta' by Indigenous groups in the Amazon. Kambô is one of the most potent, holistic and efficient 'medicines' on the planet. Kambô is the name given to the secretion from the Giant Monkey Tree Frog, *Phyllomedusa Bicolor*, that lives in the upper Amazon Rainforest.

Among most native tribes, the main use of Kambô is to lift 'Panema' – an indigenous term for negative or stuck energy. It is also used to increase energy, groundedness, stamina, strength, vitality and sharp focus while hunting at night. The tribes utilize Kambô as a Universal Healer due to its multi-potentiality, at times they even speak of magick when describing Kambô Frog Medicine. Outside of the Amazon, Kambô is known as the ultimate cleanse, with many reporting lasting transformation. The secretion interacts with the subtle energy body, the physical body, emotions and Spirit.

Kambô is safe, legal and not a hallucinogen and should be administered by a trained facilitator. The experience is very short, but it is not to be taken lightly. It is not for everyone and should be treated with respect and reverence. It is helpful to work with an experienced Kambô practitioner, with knowledge in energetics, physical detoxing/cleansing and how the 'emotional' + 'mental' Self is directly related to the physical experience.

EFFECTS OF KAMBÔ

Kambô holds great potential to bring the whole being including mind, body and spirit back into alignment. Those that are called to Kambô can often have synchronistic interactions and "coincidences" with Frog Spirit leading up to their Kambô experience. Many report pre-Kambô cleanse symptoms as well.

Quickly after Kambô, many people feel more clear, more grounded, more energized and experience an elevated state of well-being. There is often an opening of the heart and a desire to live better, do better and be better. The mind can become more still and clients often open up to a deeper connection to themselves, their journey and to others.

Throughout the integration period and long-term, an increased quality of life has been reported. Certain ailments and annoyances may resolve. Emotional trauma can clear as the subtle energy body is cleansed. Heartache lifts may occur. Many feel more capable to handle the constant shift that life presents. There can often be less interest in activities, people and behaviors that are no longer serving the individual. Testimonials also note there is a greater resistance to stress, dis-ease, negative energy, exhaustion, and drama. The subtle energy body can become clearer and fortified offering greater potential for the physical body to reflect that.

WHY KAMBÔ?

As stated above indigenous tribes utilize Kambô as a Universal Healer due to its multi-potentiality and its interaction with the subtle energy body, physical body, emotions and The Spirit. They have used it to increase energy, groundedness, stamina, strength, vitality and sharp focus.

Translating this to culture outside of the rainforest, Kambô is known to lift stagnant and negative energy while working in ways that are extremely potent for a fast paced, overstimulated, distracted, toxic and ungrounded society. Due to the bioactive peptides found in the secretion, Kambô offers a physical experience and a cleansing of the digestive and lymphatic systems, deeply penetrating the liver, while harmonizing the body's organs, endocrine system and immune system.

A Kambô Cleanse works energetically as well by piercing, scanning and lifting energies in the subtle energy body and meridians. As the energy body clears, emotional clearings are reported. Kambô can help users gain clarity, get unstuck, clear grief, resolve traumas and mitigate self-destructive behaviors.

KAMBÔ FROG 'MEDICINE'

PHYSICAL CLEANSE: Kambô is an intense physical cleanse and detoxes the liver, intestines and lymphatic system. Kambô is also one of the strongest natural pain relievers, anti-inflammatory, antibiotic, anti-viral, anti-fungal, and antimicrobial substances on the planet. A great way to strengthen the immune system and revitalize the endocrine, digestive and lymphatic system.

ENERGETIC CLEANSE: Kambô can be one of the most potent energetic cleanses on the planet. Kambô is used to clear Panema (negative and stuck/stagnant energy) from the subtle energy body. Clearing energies and entities from the subtle energy body can mitigate dis-ease.

EMOTIONAL CLEANSE: Clearing and upgrading of the static in the subtle energy body, the chakra system and meridians can facilitate heart opening. Kambô can bring an emotional release. Some even report love coming into their lives post Kambô or the ability to forgive when that seemed impossible prior to Kambô.

KAMBÔ SAFETY

RESPECT + RESPONSIBILITY IS ESSENTIAL WHEN WORKING WITH KAMBÔ

PLEASE BE 100% TRANSPARENT + DISCUSS IN DETAIL YOUR INTENTION FOR YOUR INTEREST IN KAMBÔ TO ASSESS IF THIS TYPE OF CLEANSE IS APPROPRIATE FOR YOU

Select medications are not compatible with Kambô. Please note that to stop certain medications can be very dangerous. Please consult with your doctor to see if coming off your medicine to work with Kambô is a good strategy for you. Please note, Zenhuasca is not an MD medicine practice and we are not doctors, therefore, cannot make recommendations regarding your Western medications.

KAMBÔ SHOULD NOT BE GIVEN TO PEOPLE:

- with heart diseases, heart conditions, bypass or enlarged heart
- with high or low blood pressure, or blood pressure contained by medications
- with blood clots or on medication to manage varicose veins
- with Kidney, Liver or Addison's Disease
- who are Epileptic
- in chemotherapy or have had radiation treatments within 6 weeks before and after
- with artificial devices in the body such as: stent, brain devices, etc.
- with organ, stem cell or breast implants
- that have had a stroke, aneurysm or bleeding of the brain
- who are recovering from a major procedure
- with serious mental health conditions (discuss with practitioner)
- with recent scorpion bites
- with select advanced stage Lyme's Disease
- fasting or at the end of a fast or detox

- that have done drugs within a week a session
- that have recently worked with Iboga
- have used BUFO or DMT within 6 weeks of a session
- who drink distilled water
- who are taking certain medications and herbs
- with a history of bulimia
- who are pregnant or breastfeeding

CONTRAINDICATIONS:

- Heart disease medications
- Parkinson's medications
- Epilepsy medications
- Lyme's Disease (in some cases) medications
- Blood pressure medications
- Steroids (Arthritis + Rheumatism) medications
- Corticosteroids medications
- Infection (Diclofenac) medications
- Sleeping pills and medications
- Varicose Vein medications
- NSAID medications

BEFORE KAMBÔ

THE WEEK OF KAMBÔ:

- Hydrate! 90% of clients are chronically dehydrated and do not drink enough water a day! Please drink at least 8-11 glasses of water a day.
- Try and eat organic and limit contact with toxins (environmental, cleaning, "beauty")

3 - 5 DAYS BEFORE KAMBÔ DO NOT CONSUME:

- Alcohol
- "Street" drugs, heroin, cocaine, etc
- All supplements - gives digestive system a rest before Kambô
- Sleeping aids
- Meat – especially pork and eggs
- Dairy
- Artificial sweeteners
- Packaged "food" with preservatives or chemicals
- Junk "food" + fried "food"
- Gluten and GMO wheats - difficult to digest
- Citrus: lemon, orange or grapefruits (or juices)
- Carbonated beverages
- Sexual fasting - helpful to preserve energy but not mandatory (VERY HELPFUL on an energetic front)
- Be conscious with your consumption - foods, energies, media, people, inner critic etc.

DAY OF KAMBÔ:

FASTING IS ESSENTIAL AND MANDATORY:

- Do not eat for 8-10 hours prior to your session
- Water and herbal tea is okay leading up to the session.
- If you must have caffeine, no caffeine 6 hours prior.
- If you have an afternoon session, just make sure you eat at least 8 hours before your session time.

AVOID:

- food
- beverages with chemicals and sugars
- cigarettes
- drugs
- social media and email if you can
- unnecessary interactions
- energetic drains

WATER PROTOCOL:

Drink 1 liter of water within 1 hour before your scheduled session. Throughout the intake and session another liter or more will be ingested as this helps the cleansing process. Please do not drink distilled water (leaches minerals from the system) or more than the suggested amount of water day of session.

TOO MUCH WATER IS DANGEROUS AND CAN BE DEADLY.

- We are not doctors. We will never suggest if it is safe or not to go off your medication. Please get official consent from your doctor to work with Kambô if you are under medical supervision.
- We will not be able to treat you if you have not followed this protocol. This prep work is mandatory FOR YOUR SAFETY AND WELL-BEING and helps get the most out of the experience. Your transparency is essential.
- If you are Asthmatic, please bring your inhaler with you to your session.
- If you are menstruating, please note that it can increase flow for up to 24 hours

AFTER KAMBÔ

POST TREATMENT CARE + INTEGRATION

- Do not drive if you feel weak or light headed.
- Do not operate heavy machinery or engage in stressful situations within 24 hours of session.
- Re-mineralize with mineral water and or coconut water to restore vital nutrients and electrolytes.
- Hydrate! Drink 8-10+ glasses of water a day.
- Refrain from difficult to digest foods for at least 72 hours (OR MORE!) such as dairy and meat.
- Do not drink alcohol or do drugs for at least 3 days after your session.
- Tune in. Take note of vibrational shifts.
- Integrate grounding techniques such as earthing.
- Be conscious with your consumption of certain foods, energies, media, people etc.
- Eat organic non-processed whole foods when possible.
- Develop patience with yourself and the journey.
- Give yourself space to process your Kambô work.
- Take time for you, nature and community.
- Get good rest and be grateful.
- Try to stay out of direct sun for 24 hours.

POST TREATMENT KAMBÔ MARKS

After Kambô is removed from the top layer of skin, the entry points are closed with a Peruvian anti-bacterial/fungal tree sap (Dragon's Blood). This helps the entry points heal faster and acts as a "liquid bandage", while offering a secure antibacterial barrier. DO NOT cover points with bandages. DO NOT pick at the points or try to remove/clean off the Dragon's Blood.

Two days after treatment, Aloe Vera gel, Calendula or Coconut oil can be used to aid the healing process and limit scarring. If possible, stay away from chemical laden "healing" products such as Neosporin.

The entry points will heal and fade with time but depending on your skin color and type you may always have small visible scars. Most people see their Kambô scars as a badge of honor.

Post session, some experience heightened energy, while others may feel a bit tired or achy for a day. Those that feel icky usually have a higher toxin load than others, so it's important to listen to your body and address what is needed, if possible.

Since the Kambô ritual works on an emotional, mental, spiritual and physical level, some things may come up for you during and post session, offering you an opportunity to look deeper into these things to process them. We will offer prep support and Integration in addition to guided ongoing personal programs.

Kambô can be an incredible catalyst to bring balance, wellness and goodness into your life - are you ready to do the work?