



## PREPARATION GUIDE FOR IBOGA THERAPY

The following information is very important, please read carefully and completely

### **Intention and Awareness:**

Iboga is a powerful herbal substance that may induce profound physical and psychological changes. In addition to its usefulness for addicts in recovery to reduce withdrawal symptoms and cravings, it is a powerful psychoactive agent with the ability to catalyze an experience that may induce profound life changes in anyone both physical and mental, always serving your higher purpose.

Centering and grounding yourself will prepare you to maximize the potential for a deeper transformative and healing experience. Taking the time to center yourself through activities such as writing, walking, meditation, yoga/stretching or anything that helps to provide personal insight, body awareness and reflection is a great way to prepare for your experience. Allowing yourself some personal space and time to reflect on your inner thoughts and emotions will greatly benefit your overall experience and aid in reintegration.

Pay attention to your expectations. While Iboga therapy can be effective at physical healing and facilitating awareness of the deeper personal work that is needed, expecting Iboga therapy to solve all your problems and fix you may lead to disappointment. Think of it, rather as a tool to help you heal yourself and as a first step on your journey towards complete harmony. Empower yourself to look deeply into what is needed in your life so that you may gain the fullest potential from your experience. Take your time to consider your existing state of health and what you may need to do over the long term to maximize your healing process. Dedicate time towards exploring your

physical, emotional and physiological needs and be gentle with yourself knowing that it takes time to heal.

The transformative nature of the Iboga experience will be most effective if you are dedicated and committed to following through over the long term with the personal insight you receive. Take time to think about what you would like to gain or learn from your experience and set some intentions to help guide your way. Intentions are focus points helping you stay on track before, during and after treatment.

Seeking out resources and support in your life will greatly enhance your success. The path of healing can be a long road that inquires focus and perseverance. Iboga therapy can assist you on the path to this greater awareness – it is ultimately up to you to unlock the door to your own great potential.

### **Steps to follow before your treatment**

1. Read the Preparation guide carefully
2. Fill out your intake form completely

For further questions, please contact your Iboga Facilitator at 1-888-533-6461 or via email

### **A month before Therapy**

It is important to start helping your body towards a harmonious state, even before the treatment. Cleanses, cutting of certain foods and supplements can be useful and help you get the best out of the treatment.

### **Liver and Gall bladder cleanse**

The liver is a filter and one of the most important organs of the body. It is the laboratory of the body to make chemical substances for the rest of the organs. The liver has more than 200 functions in the body.

It regulates the circulatory, nervous and digestive system. It also is the organ that digests fat.

### **The first step is to clean**

Squeeze one lemon (2 if small) + 1 big spoon of organic olive oil, mix everything and drink when the oil is well mixed.

Do this first thing in the morning and do not eat or drink anything for 30 minutes

Do it everyday for 3 weeks, then one without and another 3 weeks if necessary.

<b>Eliminate</b>	<b>Instead</b>
Coffee	Herbal Tea
Alcohol	Juices (natural) Tea Water
White sugar (soda and bakery included)	Organic cane sugar, Raw Honey Stevia
Over spicy foods	Garlic, onion ginger
Artificial food (preservatives and additives)	Cook with real and whole food ingredients
Cow milk and Dairy	Milk from Goats, Sheep and vegetable milks such as Almond/Oat/Cashew/Hemp
Animal Fat	Vegetable oil such as Coconut
White flour	Whole grain flour
Any meats from Pork	Meats such as Bison and Lamb

It is always good to drink plenty of water – especially clean spring water. The liver is the first filter and the second filter are the kidneys, so it can be a good idea to do a kidney cleanse as well.

The pineapple (mostly the “heart” of the pineapple) helps to clean the kidneys, so eat pineapple often as it helps the process. Other foods include: Ginger, Turmeric, Cranberry juice, watermelon.

To clean kidney stones use one or the other everyday for a week.

You deserve it!

### **In the week before Therapy:**

Of special note: if you are a female of child-bearing age, you must ensure that you are not pregnant at the time of your therapy as the impact of Iboga on an embryo or fetus is unknown.

Well rested and hydrated

Taking an IV vitamin drip with saline and glutathione one week prior is highly recommended

Take a balanced high potency multivitamin and mineral complex, daily, plus 500mgs of magnesium daily (preferably chelated from citrate or another bio-available form – avoid magnesium oxide, it is not well absorbed by the body) to help balance electrolytes, smooth muscle tissue and protect your heart.

Eat nutritional and well balanced meals from whole foods.

Avoid greasy, fatty and processed foods. If you eat meat, please eat only small portions of lean meats of fish – good ones are lamb, bison, white fish. Pork is highly acidic and toxic to the body. Too many fatty foods can make your liver sluggish and it is through the liver that iboga is mostly processed.

Avoid junk food, too much sugar (especially pop or soft drinks), too much salt and caffeine.

Avoid artificial sweeteners (diet sodas, sugar free gums, candies, yellow, pink, blue of artificial sweetener.)

Do not eat or drink any grapefruit, quinine or bananas. Drink at least 8 tall glasses of pure fresh water (2-3liters) per day.

Replenish your electrolytes: Coconut water, emergen-c formula and other isotonic drinks that help and balance electrolytes. Warm water with Himalayan salts is also a great source.

Reishi mushroom or Ashwaganda extract and spore powder is a powerful adaptogen that will help your body's wellbeing before an iboga treatment.

**Medications:**

DO not consume any antipsychotics or antidepressants or other psychoactive substances (such as MDMA, LSD or other drugs) for at least 2 weeks before your Iboga therapy.

If you are taking any prescription, or over the counter medication of any kind, please advise us at least 2 weeks beforehand as many medications negatively interact with iboga and must be tapered down until they are no longer present in your system.

A decision regarding tapering and discontinuation of any contradicted medications must occur in consultation with a physician. If you cannot taper down or stop taking these substances then you will be advised not to participate in Iboga Therapy until it is safe for you to stop taking the medications.

Please advise us if you are taking herbs, herbal supplements, vitamins or other substances of any kind.

**For substance using clients**

Do not consume alcohol for 5 days before your iboga therapy.

Do not consume any amphetamines such as methamphetamine (speed/crystal meth), methylphenidate (Ritalin), dextroamphetamine (Dexedrine), MDA or MDMA for at least 2 weeks before your Iboga Therapy.

**For people who are opiate dependent**

If you are taking methadone or any other long-acting opiate, it will be beneficial to try and switch to a short acting opiate in the week before your Iboga Therapy. Due to the greater difficulty in clearing long acting opiates like methadone from your system, we recommend that you substitute for a shorter acting opiate medication if possible. While iboga is effective in greatly alleviating or attenuating the symptoms of withdrawal from heroin and short acting opiates, higher dosages of Iboga and more supplemental doses/boosters are typically required for methadone using clients.

Do not binge before your therapy as this may make your detoxification more difficult and may even be dangerous

If you are having urges to binge, please remind yourself that you are taking the first steps towards your recovery by making the decision not to overdo it this one last time.

Start taking an herbal laxative – we recommend Healthforce intestinal formula then in the evening take Triphalia on an empty stomach to assist digestion. Eat more raw foods and fibrous foods.

Avoid substance use as it poses additional challenges and contributes to further expense and duration of the therapy session.

In addition, reducing your tolerance and dependence level by slowly and faly cutting or tapering down your usual dosage in the days leading up to your Iboga Therapy will allow for a more comfortable and successful detox.

### ***What to bring to the Costa Rica Yoga Spa***

- ☀ Loose, comfortable clothing such as t-shirts and jogging pants
- ☀ Pyjamas
- ☀ A cozy sweater or two
- ☀ Organic sunscreen
- ☀ A rain jacket
- ☀ Solid comfortable shoes
- ☀ Toiletries

We provide: Towels, body wash/soap, shampoo and conditioner, facecloths, eye masks, organic bug repellent, earplugs, etc.

Feel free to bring small personal items, mementos, special or sacred objects.

Please contact us if you have any questions or special requests

**We look forward to supporting you in your journey towards well-being and self-discovery!**