

# Welcome to KAMBO



## *What is Kambo?*

Kambo, also known as Sapo, Dow-kiet, Campu, and Vacino de Floresta is the venom of *phyllomedusa bicolor*, the Giant Waxy Monkey Tree Frog of the lower Amazon basin. This medicine is common to as many as 53 different indigenous Amazonian tribes, particularly the Matsigenka and the Yawanawa.

## *What is Kambo used for?*

In the Amazon, Kambo is predominantly used for hunting prowess, as it is known to increase visual perception and acuity, sharpen the senses, increase strength and stamina, suppress appetite, and enhance night vision.

In Western medicine, it is currently being studied for over 30 of its bioactive peptides which have been shown to be useful in modulating the immune system, cleansing the liver, gall bladder, and lymphatic system of toxins, and delivering an analgesic effect more powerful than morphine. In addition, several of these peptides have been shown to be useful against viral, yeast and bacterial overgrowths.

In our practice and experience, we have found Kambo to be a powerful cleanser of the energetic body and an excellent preparation for the practice of Dieta as well as other plant medicines. In addition, our Kambo experiences have provided us with a “warrior energy,”-- in other words, an increased ability to relax and focus in the face of stress, that lasts for several weeks following treatment.

### ***What should I expect from the Kambo experience itself?***

**Kambo is NOT A JOKE.** It is a powerful medicine best approached with great respect. Kambo is regarded as an “ordeal medicine” and with good reason. We want to be perfectly clear that the experience, while lasting only 20-40 minutes, is quite intense, and not for anyone simply looking for another experiential notch on the belt, so to speak. Below is a generalized breakdown of how the Kambo ceremony and experience generally flows:

- Upon arrival you will set up your “nest” with your yoga mat or sleeping pad and any blankets and pillows you have brought with you. We provide everything else you need :)
- Zach and Jess (the practitioners) will go over the treatment plan with you individually, including location and number of points.
- On the first day, there will be a brief orientation where everyone will have the opportunity to introduce themselves, share their call to the medicine (if desired), and ask any last minute questions.
- Zach and Jess will open the ceremony by smudging the space and singing an opening protection prayer, followed by an offering of two other sacred medicines, Rapé and Sananga.
- Application of the medicine will begin with one person at a time. Either Zach or Jess will heat one end of a stick of healing incense used to burn a number small “gates” at the points previously discussed (basic treatments are usually given on the upper left arm for men, and the inside of the lower right leg for women). Meanwhile, you will begin drinking the gallon of water provided. We will encourage you to drink about half the gallon before we apply the medicine.
- The practitioner then constitutes and prepares the medicine, and applies a small amount of Kambo to the open gates.
- Initially you can expect to have a mild sensation of heat at the application sites. Within 5-7 minutes you will generally experience a rushing or vibrating sensation within the body, and a marked increase in heart rate. At this point, many people will experience a tightness, swelling, or sensation of heat and blood rushing to the face or other areas of the body. The heart beat may become internally loud.
- At this point, experiences will vary significantly. In general, most people will experience a slow rising of energy through the central channel (center of the body) which may encounter blockages, or become “stuck” at some points. The key in these instances is to continue drinking water (you won't want to), and relax into the intensity as much as possible, such that a purge comes easily (don't worry-- we provide the buckets!). Your practitioner will be with you to help you move energy through the challenging moments, and help you to the bathroom should you need assistance.
- Once the effects of the medicine have started to wane, your practitioner will remove your kambo points and you will be able to lay down for rest and recovery.
- After the last person receives Kambo, Zach and Jess will close the ceremony and everyone can enjoy a provided spread of snacks and time to share their experiences.

***Another note on experience:*** Most Kambo experiences will be challenging! Both physically and mentally. That said, there are other ways to relate with the Frog medicine, too. After some experience with the medicine (or if you've had quite a bit of experience with other ancestral medicines) it is entirely possible to have a transcendent, even pleasant experience. Visions are also rare, but possible. It all depends on how deep you want to go, and how much you are willing to relax into the intensity of the experience.

### ***Kambo Pre-Session Guidelines:***

- Avoid use of nootropics (“smart drugs”) for one 3 days prior to your session.
- Avoid enemas, liver/gall bladder flushes, and detox programs one week prior to your session.
- Light meals the day prior to your session.
- **Fast of FOOD and LIQUIDS, including water, for 12 hours before prior to the session. If you have blood sugar issues that make this difficult, please discuss with Zach or Jess at least one day before your session.**
- No recreational drugs or alcohol at least 24 hours prior to the session.
- Wear loose comfortable clothing that gives access to where points will be (generally the inside of the lower right leg for women, and the upper left arm for men).
- A calm relaxing morning leading up to the session is advised.
- Bring a yoga mat or sleeping pad, blanket, and perhaps a pillow for rest after.

### ***Other Considerations:***

- Setting an intention or prayer for what you would specifically like to work on during your process is immensely helpful. If you don't have a specific intention, a good “catch all” is asking the medicine to “Clean what needs to be cleaned. Heal what needs to be healed, and teach what needs to be taught.”
- It's very common to have anxiety as the time for your session approaches, sometimes even days before. Once you have committed to the experience, the medicine begins to work with you both physically and energetically. If you are feeling resistance or other strong energies, it's a powerful exercise to breathe deeply into the lower belly, allowing your consciousness to reconnect with your body and encouraging relaxation on all levels. If you're having trouble working through the intensity on your own, please don't hesitate to get in touch with us.

*“...we always sense the subtle pressure of the shadow rising  
towards our consciousness in the form of our own  
resistance.”*

*- Reginald Ray, Touching Enlightenment*

## **CONTRAINDICATIONS AND CAUTIONS**

It's very important to a positive Kambo experience that these are fully reviewed. √  
The practitioner will be asking one more time prior to the session about contraindications and cautions.  
Your health and safety is the utmost priority in this this entire process.

### ***Contraindications:***

- Recent users of diuretics
- Pregnant or breastfeeding mothers with babies under 1 year
- Stroke, aneurysm, brain hemorrhage, blood clots
- Serious heart conditions, including surgeries or an enlarged heart
- Serious wounds externally or internally not yet healed
- Cognitive disorders preventing the understanding of Kambo
- Immunosuppressant medications
- Chemotherapy or radiation treatments or less than 4 weeks prior or 6 months following
- Serious mental health conditions, whether or not on medication or undergoing other treatments, except depression.

### ***Cautions (Please discuss with us if you have a concern):***

- Severe eating disorders
- Menstrual flow, will increase for 24-36 hours
- Alcohol or drugs within 24 hours of Kambo
- Certain Herbal or nootropic (smart drug) supplements
- Asthma, must have an inhaler present
- Diabetes, fasting exceptions if required
- Any major acute or chronic illness