

# WAY OF THE KAMBO



Hello dear friends,

Welcome to Way of the Kambo. Here is all the information you will need to know and consider for your participation in the upcoming Kambo ceremony.

## Personal Recommendations:

When considering this I would like to begin with the fundamental principle in any journey of this nature. An that is the idea of participating in this rite of passage is to ask yourself the need behind the desire to experience Kambo. This deep introspection into the nature of well being is best sourced from Intention. This is the fundamental key to our own healing and conscious awareness. Second, your ability to surrender, feel safe, and let go of control is vital in the art of allowing this medicine to work at its deepest levels within you in the context of releasing that which no longer serves you. This medicine knows the "Kambonation" to all the locked gates within your body to awaken the process of the healed state. It is up to you to let go on the mental and emotional levels to maximize the synergistic effect. Once you decide and are committed to your own transformation you can then consider the more practical needs of attending a ceremony or one on one session with a practitioner.

Please be completely honest with your Practitioner. By making a full disclosure of any medications or serious medical conditions that you may have you protect both yourself and the practitioner. Please take the time to share and to let the practitioner know of your special needs prior to the ceremony.

## Diet Preparation-Day Before and day of

Make sure you do not have anything to eat for a minimum of 10 hours before taking kambo.

You cannot consume alcohol or drug substances for 24hrs before or after the ceremony.

Bring a water bottle with 1 liter of fresh room temperature spring water. No alkaline water and that includes no use off lemon or limes in your water. This water will be consumed the morning of and during the application of the medicine.

I recommend the day before eating light/fresh steamed veggies, soups, fruits, quinoa, fish, or chicken. Try and avoid a lot of sugar, heavy starches, or really fatty foods if possible.

Allow yourself 2 to 3 hours for treatment and recovery, ideally having the rest of the day off from work or stressful obligations.

You should wear comfortable clothing and in layers so you it is easy to apply the medicine on either the upper shoulder or inside of ankle. Layers are also good due to change in temperatures of your body during the course of the experience .

A pillow or bolster to rest on during the ceremony to insure relaxation.

A blanket to cover you as you cool down after or want to rest and lay down after the session is done.

A roll of toilet paper or a box of tissues will be a necessity in this experience.

A hair tie or head band for people with long hair so that you can purge easily without it getting in the way.

Menstruating woman will need to be aware flow will increase for up to 3 days after taking kambo medicine.

Some light snacks of your choice for the completion of the ceremony: fresh fruit, probiotics(sauerkraut) to restore good bacteria, coconut water to restore electrolytes would be recommended after kambo.

## Exceptions and Contraindications

Kambo has no known detrimental side effects so when it is responsibly administered it is completely safe. There are very few people who cannot take it but this is not an exhaustive list so please let us know beforehand if you have serious health problems.

Treatment cannot be given to those who are or have had:

1. Breastfeeding a child under 1 year
2. Serious heart conditions including pacemaker, valve disease, bypass surgery and enlarged heart
3. Blood clots
4. Addison's disease
5. Extremely low blood pressure that is controlled by medication.
6. Stroke or Aneurysm or Bleeding in the brain.
7. Serious Mental Health conditions.
8. Organ transplant surgery
9. Under 18
10. Fasting or at the end of a Fast
11. Menses- (Optional) The Kambo medicine tends to rush upwards to the head (opposing the downward flow of the menses) and it can often cause lightheadedness and sometimes even fainting. If you are menstruating at the time of treatment, Kambo may well cause the flow to increase for 24-36 hours because it contains powerful Vaso-dilators.
12. If you are Asthmatic ensure that you have your inhaler with you.
13. If you are Diabetic it's important to discuss your treatment in advance.
14. You must inform us if you have ever or are currently suffering from a mental health condition, regardless of whether or not you are taking medication. The only exception to this is depression. In most cases it is usually completely safe for you to continue taking your normal medication and supplements but please discuss this beforehand.
15. Pregnant

Also note Kambo is safe, legal and there are no psychoactive compounds in kambo medicine.

For more info and understanding please visit my site at [www.wayofthekambo.com](http://www.wayofthekambo.com) or you can call me at 1-831-435-6005

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