

KAMBO

PRACTITIONER TARA ALAVI

WHAT IS KAMBO?

What we call Kambo is the secretion of the Giant Waxy Green Spider Monkey Tree Frog (*Phyllomedusa Bicolor*), which lives in the upper regions of the Amazon Rainforest. As the frog has no natural predators, the secretion is **not** a toxin, poison, or venom.

The frogs are found in Bolivia, Brazil, Colombia, Peru, French Guiana, Suriname and Venezuela. According to the IUCN database, they are in the 'Least Concern' category because of their wide distribution and large population. They're not endangered, and Kambo is completely legal throughout the world.

Kambo has been used by indigenous tribes in the Amazon for hundreds of years as a way to cleanse the body, heal the mind, and strengthen the spirit. Those of us seeking Kambo outside of the tribes use it for the same purposes; Kambo can help rid the body of toxins and illnesses, aid the process of letting go of traumas and maladaptive patterns that hold us back, and support us in fulfilling our individual blueprint here in this lifetime.

The beauty of Kambo and the way it has helped so many people find personal strength and stamina when faced with life's challenges continually amazes me. I feel incredibly grateful to have found Kambo and to be working with it to support individuals on their healing journey.

KAMBO TRADITIONS

Kambo is an integral part of the culture of the indigenous tribes in the Amazon. Tribes that have been using Kambo for centuries include the Matsigenka, Marubo, Nukini, Mayoruna, Amahuaca, Katukina, Kulina, and Kaxinawá.

The Kaxinawá people of Brazil are purported to have discovered Kambo. The legend is that when the whole tribe had fallen ill, the tribe's medicine man, or Pajé, set off into the jungle for guidance. There, he was visited by the female spirit of the forest. In her hands she held a frog from which she took a white secretion, and taught the Pajé how to apply it. The Pajé then returned to the tribe and was able to cure his people. From then on, he was known as Kampum.

Each tribe has a different way of using Kambo. Some tribes' practices date back thousands of years, while others don't have any specific ritual associated with application. Kambo was first observed by Father Constantin Tastevin in 1925, a French priest who was living with the Kaxinawa. Then in the 1980's, anthropologist Katherine Milton wrote about its use in the Mayoruna tribe. Peter Gorman is credited as spreading the knowledge of Kambo to the West after living with the Matsigenka tribe.

TRADITIONAL USE OF KAMBO

Traditionally, Kambo is mainly used to strengthen and energize the mind and body of hunters, as wide-ranging medicinal treatment, and to clear away 'Panema', or dark/negative energy.

'Hunting Magic': In the tribes, Kambo is commonly used before hunting. The effects of Kambo can include increased energy and speed, and the tribes believe it makes them almost invisible to animals by eliminating their human odor. They become more resilient, experiencing decreased hunger, the ability to run faster, and require less sleep.

Panema: When members of the tribes are experiencing Panema, which can manifest as depression or bad luck, the tribes will use Kambo to remove that negative energy. Once this is accomplished, they believe that path to overcoming obstacles is revealed and life flows more naturally.

Medicine: Kambo is often called 'Vaccina da Floresta', or the Vaccine of the Jungle. The indigenous tribes use it to treat malaria, fevers, infections, snake bites, and fertility problems. It is also used to cleanse, detox, and strengthen the mind and body, to increase energy, sexual attraction, stamina, and to reduce pain.

Outside of the tribes, Kambo research spans over two decades. Researchers believe that Kambo will usher in a new realm of treatments for Chronic Fatigue Syndrome, Chronic Pain, Cancer, HIV, Herpes, Parkinson's Disease, MS, Alzheimer's, Depression, Blood Pressure and Thyroid Issues, Hepatitis, Diabetes, Rheumatism, Lyme Disease, Arthritis, Addictions, emotional trauma, and more.

HOW KAMBO WORKS: THE SCIENCE

Vittorio Erspamer, an Italian chemist famous for discovering serotonin, was the first person to study Kambo in a laboratory. In 1986, he wrote that Kambo is a “fantastic chemical cocktail with potential medical applications, unequalled by any other amphibian”.

What is truly unique about Kambo is that it contains dozens of bioactive peptides. Peptides are short chains of amino acids, and amino acids are the building blocks of proteins. Bioactive means that they have an affinity and selectivity for binding with receptor sites in humans; the human body readily accepts these peptides into the cell. To date, 16 peptides have been isolated from the secretion and several have been synthesised.

Bioactive peptides play an important role in human health by affecting the digestive, endocrine, cardiovascular, immune, and nervous systems. These bioactive peptides are also adaptogenic, which means they “adapt” to what your body needs. Adaptogens support the body’s adrenal system, reducing stress, regulating hormones, and creating homeostasis in the body.

The peptide families represented in Kambo include bradykinins (phyllokinin), tachykinins (phylomedusin), caerulein, sauvagine, tryptophyllins, dermorphins, deltorphins and bombesins. Despite exorbitant amount of money being poured into researching and developing a synthetic medication containing these peptides, no one has yet managed to reproduce the original. The frog also does not produce these peptides outside of its natural, biodiverse habitat and diet.

BENEFITS OF KAMBO: THE BODY

Studies have shown that Kambo is one of the strongest naturally occurring anti-inflammatory, antibiotic, antimicrobial and anesthetic substances. It contains multiple antimicrobial peptides effective against drug-resistant strains of viruses, bacteria, fungi, parasites, and protozoa.

Kambo also has anticancer and analgesic properties. The Dermaseptin peptide is classified as an anticancer peptide, having shown to have activity against cancer and tumor growth. Kambo is also a powerful natural painkiller: The peptide Dermorphin has an opiate-like effect on mu-opioid receptors; the effects are 30-40 times stronger than morphine.

Some of these peptides are also what cause the bodily sensations experienced during Kambo, including the cramping, purging, increased heart rate, swelling, and flushing. Contrary to popular belief, these reactions are **not** due to Kambo being a “poison or venom” (remember, it is neither!). It’s simply the action of some of the peptides.

THE EFFECTS OF KAMBO

Kambo is a holistic treatment that acts on the mind, body, energy, and spirit in often mystical ways. It is apt that the Native Amazonians use the word “magic” when describing it. Kambo seems to contain a higher intelligence; working where it is needed the most in the body.

Immediate and short-term effects can include elevated mood, clarity, focus, alertness, energy, and increased resistance to stress. In the longer term, Kambo strengthens the immune system, enhancing the body’s defense systems, improving or resolving current health conditions, and making future health problems less likely to occur.

People often experience a stillness of the mind shortly afterward, as well as a sense of lightness. Kambo helps us overcome obstacles and release emotional blockages. It clears our energy field and realigns the chakras enabling us to break subconscious thought forms negative patterns in order to live with neutrality, groundedness, and a more positive mind, allowing for more elevated actions and decisions.



HOW IS KAMBO HARVESTED?

The Monkey Tree Frogs from which Kambo comes from are nocturnal and arboreal, living in the high treetops near the rainforest waterways in the Amazon. They are harvested by members of the indigenous tribes who mimic the frogs' mating song. The frogs then descend from the trees, moving slowly in a monkey-like fashion. They are quite passive and do not react when picked up, partly due to having no known natural predators. The tribe members carefully tie each of their legs to strings that are attached to sticks in the ground. The secretion on the back of the frog is scraped off carefully and placed onto sticks. The frog is then released unharmed, where it makes its way back to the treetops.

Measures are taken to make sure the frogs are not over-harvested. The strings used leave a small white line on each leg. This line is used to determine that the frog not be harvested, as it takes at least 3 months. As the tribes are animist, the frog is never harmed, and treated with great respect and care. They believe that to harm the frog will anger the animal spirits they revere and coexist with. Kambo collected in this way is considered 100% ethically harvested. The IAKP gets its Kambo directly from the Matsés tribe in Peru, and we ensure that they are doing their best to harvest Kambo safely and ethically. Certain tribes however do not use such care when harvesting, and we do not support those practices. We are committed to making sure the Kambo that we are serving to our clients and taking ourselves is of utmost purity and quality.

HOW IS KAMBO USED?

Kambo is applied to what we call “gates”, which are small burns 1/8“ in diameter. Opening the gates is done with an incense stick. The skin is blistered and the top thin layer is removed - much like when you have a blister and the skin rubs off. This allows the epidermis to be exposed so that the Kambo can enter the lymphatic system. Please note that there is no blood. The process is quick - a brief sting. The minimum number of gates for a first time treatment is three, however the number of gates depends on the individual person's needs. The small dots of Kambo are applied to the gates created. This is the only way to take Kambo – it is not safe to ingest it or introduce it into the blood stream directly.

After the gates are burned, about 2L of water is consumed within a 15 minute window, in order to ensure that the water is not reabsorbed by the body. This amount of water is safe to drink under the monitoring that is done.

HOW IS KAMBO USED? CONTINUED

The water is the vehicle through which the purge is expelled. Without drinking this water, the process of purging would be extremely uncomfortable and would consist of dry heaving.

The experience itself is intense, but also brief, lasting no longer than 40 minutes. Most people experience a warm to hot flush on the upper body and face along. It is not uncommon to experience a tight or swollen throat, tingling skin, swelling of the face or lips, an increase in heartrate, dizziness, and disorientation. All of this is completely normal.

You may experience a throbbing or burning sensation, as well stinging where the medicine is applied, and maybe some pain in certain areas of the body for a short while. It sounds uncomfortable, but it is a sign that Kambo is doing its job.

Then the purging occurs. This is preceeded by nausea which usually comes in several waves. At this point the toxins are purged out through the water that was consumed prior to the administration of the Kambo. This purging process works on both a physical and emotional level.

Kambo is not psychoactive, so it does not produce hallucinations. However it can produce a short altered state of reality in some people and many receive insights about living a healthier life. After purging, a sense of relief may come, which is often accompanied by the need to rest.

Within an hour or so, you will likely feel better and can consume food and water normally. The benefits typically come after a night's rest. However for some, it may take two to three days of a bit of extra sleep.

The burn marks will heal and fade with time, however you may always have small visible scars which usually appear lighter than your skin tone. Most people see their Kambo scars as a badge of honor. The same points can be reused after approximately 3 months.

After the dots of Kambo are removed, the points are dressed with Dragon's Blood, a Peruvian tree sap. This helps them to heal faster, scar less and ensures they stay free from infection until they scab naturally within a day or so.

HAPE

Hapé or Rapé as it's commonly spelled, may be administered in the event that you are having difficulty purging. Rapé is a traditional shamanic snuff from the tribes in the Amazon that aids in the purging process. It allows one to break through energetic blockages, which often induces purging during a Kambo session.

The snuff itself is often a mixture of ground tobacco leaves, herbs, barks, ashes, and other leaves. It will clear out your sinuses, align your chakras, increase the blood flow in your brain and connect you to the spirits of the Amazon. It is also used for headaches, to cool down in heat, relax the mind, and lower blood pressure. A truly magical medicine. It is applied by blowing it into your nose with a Tepi pipe.



SANANGA

Sananga is a traditional eye medicine that the tribes also use in order to increase inner and outer vision. It is made from the root and bark of the Tabernaemontana Sananho shrub. It is said to contain ibogaine, which is known to have neurological and psychological benefits.

Sananga can be beneficial for issues such as migraines, glaucoma, cataracts, astigmatism, sinus issues, and macular degeneration. It also clears out tear ducts and proteins that gather in the eye. It can help with dryness and redness of the eye, as well as eye infections. It is thought to decalcify your third eye, to lift the panama, and aid with anxiety and depression.

Sananga is often applied at the end of a ceremony. After it's applied it will burn for about 3-10 minutes depending on how strong it is. Your eyes may feel as if they're vibrating and recalibrating. Afterwards the vision tends to become sharper, and the world looks more vibrant.

WHO CAN'T TAKE KAMBO? CONTRAINDICATIONS

Kambo has no known damaging side effects, so when it is responsibly administered it is completely safe. However, there are very few people who cannot take it:

- Treatment cannot be given to under 18 year olds
- Pregnant or breastfeeding women with babies under 6 months old
- People with serious heart problems (bypass, enlarged heart) (stents or arrhythmia are fine)
- People taking medication for very low blood pressure (high blood pressure medication is fine)
- People who've had a stroke or brain hemorrhage
- People who've had aneurisms or blood clots
- People with serious mental health problems (depression, anxiety are fine, please inform me about all other conditions, participation will be decided case by case!)
- People undergoing chemotherapy and for 4-6 weeks afterwards
- People suffering from epilepsy (Not fully contra-indicated, just a precaution: mild epilepsy is okay, also if people are okay with potentially having a seizure if their medication gets flushed out. Epileptics will get a layered treatment, increasing the number of points one by one)
- People suffering from Addison's disease
- People who take immune-suppressants for an organ transplant.
- People with kidney or gallbladder stones (it can get very painful if they move)
- People who lack the mental capacity to make a decision to take Kambo

IMPORTANT INFORMATION

Fasting

Fasting is required 8-12 hrs prior to receiving Kambo. Please time your food regime out with your ceremony, which makes the process easier for you. If you have eaten a meal within 8-12 hours, I may choose not to serve you Kambo. If you have an evening treatment, you can have breakfast in the morning as long as it is eaten at least eight hours prior to ceremony.

Other Cleanses

Colonics, enemas and sweat lodges should be avoided three days before and after Kambo. Bikram Yoga instructors should also avoid teaching too many classes the day(s) before to make sure they're good on electrolytes.

Supplement Caution

Please let me know if you're taking the following: slimming or sleeping supplements, Serotonin or 5HTP. It is advised to stay off of them for 4-5 days before taking Kambo. Caution also if you're taking immunosuppressant drugs for autoimmune disorders, GABA, or blood thinners.

Other Sacred Medicines and Kambo

It is safe to take Kambo before and after Ayahuasca ceremonies. It is also safe to take Kambo before taking Bufo Alvarius (The Toad). Kambo is NOT safe to do after Bufo, however. You must wait six weeks after Bufo to take Kambo, as it can send you into Bufo experience with dangerous drops in blood pressure. Please wait three months after taking Iboga as well. Kambo can however be taken a few days after Ibogaine.

Menstruation

If you are menstruating at the time of treatment, Kambo may cause your flow to increase for 24-36 hours due to the vasodilators it contains. You may experience more cramping than normal for the first couple days of your cycle. It's totally fine to take Kambo during your cycle. Contraceptive may be flushed out by Kambo, rendering them ineffective, so take them after treatment.

Asthma

If you are asthmatic ensure that you have your inhaler with you. If you are Diabetic it's important to discuss your treatment in advance. (We will monitor your blood sugar levels, but you're not contra-indicated).

Antidepressants & Mental Health

You must inform me if you have ever or are currently suffering from a mental health condition, regardless of whether or not you are taking medication. If you're on regular anti-depressants, it is requested that you take them right after the treatment instead of that morning. Other medication has different time frames, so please let me know what you're taking. Also, please take your antidepressants after the ceremony, not before, so they don't get flushed out.

Discontinuing Medication

Please don't stop taking antidepressants or other medication cold turkey, no matter how good you feel. There is a way of weaning off anti-depressants and other medication safely with Kambo, but it requires a protocol that has to be followed with specific treatment intervals. If you're interested in getting off the meds for good, we can develop a treatment plan specifically for you.

Herxheimer Reaction

Kambo can make the symptoms of certain conditions flare up in the days post-treatment. You may develop cold-like symptoms or diarrhea for a day or two. This is simply your body and immune system resetting. Sometimes undesired symptoms might surface for a few days before they get better or heal. This phenomenon is called the Herxheimer reaction. If you have Lyme disease, be prepared to herx. This also applies to emotions as well.

Sometimes the very symptom or emotion that you are intending to heal from may surface enhance for a few days. For example, if you're trying to work on your anger issues, you might find anger more prevalent for a few days. Please make those close to you aware of this. Maintain awareness during this part of the healing process. Trust that the frog is working in a way that will eventually restore balance.

Please let me know if the symptoms persist unexpectedly long. Also, inform me if you're continue vomiting more than a few hour after the treatment. While rare, this can be of concern for people who don't follow the official water guidelines. I will closely monitor your water intake so this is very unlikely to happen. Typically once the medicine is off, you'll stop vomiting after a few minutes.

Distractions - Smoke Detectors and Pets

If you're booking a private treatment and have a pet, please make sure you have a sitter or the pet can stay in another room alone without being a distraction.

YOUR PRACTITIONER

Your treatments will be administered by me, Tara Alavi. I am currently based out of Los Angeles, but travel frequently to Texas (Dallas/Fort Worth and Austin), and New Orleans.

I was trained through the International Association of Kambo Practitioners (IAKP) by Natascha Berg and Jose Luis Del Solar. I am a fully qualified practitioner and member of the IAKP.

I use several traditions in my work with Kambo, including Indigenous Methods, Traditional Chinese Medicine Meridians, Auricular Meridians, and Chakras where appropriate. I am also a Reiki Master.

I conduct an in-depth consultation process with all of my clients each time a treatment is conducted. This allows for the root of any current issues to be revealed, which then informs the specific protocol I will put together for the treatment.

My ceremonies are held in a sacred space, sensitive to personal needs and will include supportive shamanic practices such as Kambo medicine songs.

I believe in Kambo as being part of a holistic healing process that includes both Western methods with alternative healing modalities.

FREQUENCY OF KAMBO

Kambo can be taken as a single or double treatment, as an intensive treatment spread over several days and weeks, or as three treatments in three hours.

In some indigenous traditions, Kambo is administered as 3 treatments over one moon cycle (29.5 days). This is considered to be the most effective way to take Kambo when doing it for the first time. However everyone's needs and health concerns are different and require different protocols. For example, an early Lyme disease benefits the most from several days of Kambo in a row as soon after the tick bite as possible, whereas depression may need different intervals.

The more treatments you have, the deeper this medicine and the purge goes. Some people may need several sessions to fully feel the benefit or be ready to fully release.

WARRIOR INITIATION

This treatment consists of three servings of Kambo within three hours. People ask for this treatment when they're in need of a major breakthrough or life transformation, they are in need of support to make a difficult decision, they want help manifesting a big vision, when the health condition they want to treat would benefit from this larger dose, or as a right of passage. This treatment cannot be given as your first time treatment. It requires working one's way up to being able to sit with this much Kambo, as it can be quite arduous and intense.

FIRST TIMERS

All first time clients will be tested for sensitivity to Kambo before treatments. You will get a test point and I will carefully observe how your body reacts. This is a good time to allow the Kambo to enter your body without any fear. Your reaction will inform me as to the number of points you will receive in total. There is no set number. Everyone is treated individually.

RESERVING YOUR SPACE

Group Ceremony: If you want to reserve your session, please make a \$50 dollar deposit on Paypal (Friends and Family to avoid fees) to **taralavi@gmail.com** or Venmo @**Tara-Alavi**.

The rest is due upon my arrival and before the ceremony begins. If you cancel less than 12 hours prior to your appointment the deposit will not be returned. Cancellations before the 12 hour cutoff will be refunded the full deposit amount.

If you're receiving a private session, please send in a **minimum of 1/2 of our planned payment** to reserve your space, The remainder is due upon my arrival prior to our ceremony.

PREPARATION FOR CEREMONY

For your ceremony you will need to have your own water.

Water CANNOT be:

Artificially alkalized or high alkaline

Distilled

Reverse osmosis

Kangen

Please bring a gallon of Spring water or Berkey water.

It's important to stay off salt and all solid foods (Herbal teas and water are fine, no coffee or caffeine) for 8-12 hours beforehand and alcohol and recreational drugs, even cannabis for 24 hours before and afterwards if possible.

Please have with you a cushion, yoga mat, and blanket/shawl for resting afterwards. Wear comfortable clothing, layers are best, and remove tight or restrictive jewelry.

MINIMAL water intake and herbal tea the day of treatment (not more than one or two cups). THIS IS VERY IMPORTANT. Too much water (more than a gallon within the treatment) will mess with your sodium and electrolyte balance and bears the risk of hyponatremia.

You will be told when to start drinking half gallon of water (approx. 15 min before the Kambo gets applied and a little bit more during the treatment). If you start drinking too early part of it gets reabsorbed and won't be useful for the purging process.

Again, please bring about a gallon of water (NO distilled water, kangen, reverse osmosis or high alkaline water!) with you and please be well rested.

AFTERCARE

Please try to eat as healthy as possible the days after Kambo to keep the effect of the medicine longer in your body and continue with the detox process. For more effectiveness avoid sugar if possible, too spicy or greasy food, red meat, alcohol, tobacco.

Don't use any soap on the burn marks for at least a day and keep them as dry as possible. No oils, ointments and no Neosporin.

Dragon's blood will be applied on the burn marks after the treatment. Dragon's blood helps with scarring and prevents the burn marks from becoming infected. It will also help them heal more rapidly - up to 10 times faster. If you want to use some at home, you can also purchase Dragon's blood on the internet.

Please avoid saunas, spas, and sweat lodges the same day post kambo. Showers are fine, but remember to dry them after coming out of the shower.

Please come with an attitude of openness, free from any pre-conceived notions or expectations. Everyone's process and experience is unique to them. Trust the frog and know that you will receive exactly what you need.

With love,

Tara

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