**Ibogaine Fact Sheet**

*Thisgift.org – Supporting Recovery Through Ibogaine Treatment*

**What is Ibogaine?**

Ibogaine is a naturally occurring psychoactive compound derived from the root bark of the *Tabernanthe iboga* plant, traditionally used in West African spiritual practices. In modern medicine, it has been studied for its potential to interrupt addiction and support recovery from substance use disorders.

**How Ibogaine Works**

* **Resets the brain’s chemistry**: Ibogaine interacts with receptors in the brain, reducing withdrawal symptoms and cravings.
* **Interrupts addiction cycles**: Many patients report a significant reduction in urges for opioids, alcohol, cocaine, and other substances after treatment.
* **Deep psychological insights**: The treatment often induces an introspective, dream-like state that can help individuals process trauma and gain clarity.

**Conditions Ibogaine May Help With**

* Opioid dependence (heroin, fentanyl, prescription painkillers)
* Alcohol addiction
* Stimulant addiction (cocaine, methamphetamine)
* PTSD and trauma-related conditions
* Depression and anxiety (in some cases)

**Benefits of Ibogaine Treatment**

* Can reduce or eliminate withdrawal symptoms
* May provide long-term reduction in cravings
* Offers a therapeutic psychological experience
* Non-addictive and not intended for ongoing use
* Potential for significant positive life changes

**Risks & Safety Considerations**

Ibogaine is a powerful medicine that must be taken under **medical supervision**. It is **not legal in the United States**, but is available in countries such as **Mexico** under clinical guidance.

Risks may include:

* Heart complications (arrhythmia, QT prolongation)
* Seizures (rare, but possible)
* Nausea, vomiting, dizziness
* Psychological distress during treatment

**Important:** A full medical screening (including EKG and liver function tests) is required before treatment.

**What to Expect During Treatment**

* **Medical supervision** by trained professionals
* **Pre-treatment screening** to ensure safety
* **One main Ibogaine session**, lasting 12–24 hours
* **Integration support** after the experience to help process insights
* **Rest and recovery period** (1–2 weeks recommended)

**Is Ibogaine Right for You?**

Ibogaine may be an option if:

* You have tried other forms of treatment without success
* You are committed to making lifestyle changes
* You are medically cleared to undergo treatment

Ibogaine is **not recommended** for individuals with heart conditions, uncontrolled high blood pressure, or certain psychiatric disorders.

**About Thisgift.org**

Thisgift.org is a nonprofit dedicated to helping individuals access safe, medically supervised Ibogaine treatment in Mexico. We provide **financial assistance, resources, and compassionate support** to those struggling with addiction, PTSD, and mental health challenges.