



## ■ Ibogaine Fact Sheet

Provided by ThisGift.org

### What is Ibogaine?

Ibogaine is a naturally occurring psychoactive compound derived from the root bark of the African shrub \*Tabernanthe iboga\*. Traditionally used in West African spiritual ceremonies, Ibogaine is now being explored as an alternative therapy for addiction, trauma, and mental health conditions.

### Potential Benefits

- May interrupt substance use disorders, especially opioids, alcohol, and stimulants.
- Can provide a 'reset' effect on the brain's reward system.
- Supports deep emotional insight and trauma healing.
- Often combined with aftercare and integration for long-term success.

### Risks & Safety

Ibogaine is not FDA-approved in the U.S. and is only legally available in some countries. Possible risks include:

#### Risks List

- Heart complications (QT prolongation, arrhythmia)
- Liver strain
- Psychological distress during treatment
- ➡ A thorough medical screening (EKG, liver tests, psychiatric evaluation) is essential.

### The Treatment Process

- Medical Evaluation – health checks and lab work.
- Preparation – setting intentions, stopping substance use under guidance.
- Ibogaine Session – typically 8–24 hours of introspective experience.
- Observation – medical monitoring during and after session.
- Aftercare & Integration – ongoing therapy, counseling, and community support.

### Who May Benefit?

People seeking healing from:

#### Benefit List

- Opioid, alcohol, or stimulant dependence
- PTSD and trauma
- Depression or anxiety (in some cases)

## ■ Not Recommended For

- Heart disease
- Severe mental health conditions (e.g., psychosis, bipolar mania)
- Certain medications (QT-prolonging drugs)

## ThisGift.org's Role

We provide funding assistance to individuals seeking Ibogaine treatment in Mexico. We do not provide medical treatment but help make healing more accessible. Our commitment: Support before, during, and after treatment through financial aid, resources, and community care.

■ **Disclaimer:** Ibogaine treatment involves risks. This information is educational only and not a substitute for professional medical advice.

