



Hello and thank you for registering and choosing Synergy Healing and trusting our Practitioner, Sarah, on your healing journey. Please take a moment to read through this preparatory document prior to our healing circle and if you have any questions feel free to contact us via email at info@synergyhealing.ca or telephone at 416-580-1805

Preparing for Your Kambo Cleanse

This information is a *recommendation* and not absolutely mandatory.

The Days Before Ceremony: Eat as wholesome as possible in the days leading up to your Kambo ceremony. Diminish or eliminate fried food, over processed food and alcohol. Drink plenty of water so that your tissues are hydrated. Adding electrolytes and liquid minerals to your water, especially in reverse osmosis water, will help prepare your body.

Do not eat or drink anything 12 hours before ceremony unless otherwise specified

The Day Of Ceremony: The day of the ceremony you will fast from food and liquids. You should not have eaten or drank anything for at least 6 hours prior for the non-water method and 12 hours if you have opted for the water method. If you have opted for the water treatment, please bring at least 2 litres of room temperature **spring water** that you will drink just before the Kambo is administered to you. Please arrive sober and free of any other prescriptions or medicines for at least 72 hours, including marijuana or you may not be permitted to participate.

Prepare Your Intentions. It is good practice to have a clear intention set before you join the healing circle. Knowing what it is you wish to purge and cleanse from your body allows for a deeper healing and helps you keep focus during a ceremony. You can write them down or memorize and you are welcome to share them or keep them to yourself.

During Ceremony: Meditating and focusing on your breath is a technique used during a Kambo ceremony. Breathe and invite the spirit of the medicine into you, exhale and surrender your ego, your thoughts, your expectations, and your toxicity. Breathe in and soften to the medicine, breathe out and let go of control. It is important to remember that we each go through our processes differently and we must allow space for others to cry, to purge and to release while we ourselves maintain our own healing by focusing on our own process and to not become distracted by what may or may not be going on around you. I am there to assist you through your process, but it is you who must do the work for lasting results.

How is Kambo Administered?

Kambo is also applied to superficial burns on the skin. A tashimi vine is made red-hot and just the top layer of the skin is burned. Kambo is then applied onto the burn location and thus absorbed directly into the lymphatic system and bloodstream.

What to Expect During Your Kambo Experience

Kambo is considered an 'ordeal' medicine. This means that your experience within the Kambo Cleanse will most likely be one of purification and may not be easy. Kambo has a cleansing and purgative effect so you can expect to feel nauseous, to vomit and evacuate for a few hours as your body and spirit are being cleansed. Once the Kambo is applied to the skin, immediately the face, skin and core of the body will feel a heat within. The heart will beat slightly faster. Blood pressure will fall slightly. Relax into the experience. It is helpful to work with the breath: Inhale through the nose and receive the medicine with love and trust, exhale out the mouth and surrender. It is a common experience that the throat will gently swell. This is normal. It will not swell shut. The face may also swell. Simply relax into the sensations and allow the ally of the Kambo spirit to purify and fortify you. After a few minutes or more, you may feel like you have to purge. You will have a bucket handy and you will purge into the bucket. You may also need to go to the bathroom. Please know that if you need to go to the bathroom you will be assisted and someone will stay close by while you release. After 10-15 minutes, the Kambo dots will be removed from your body and the major part of your cleanse is over. Many people reporting feeling very peaceful immediately after the treatment while others need to rest and process their experience. The next day many report feeling amazing while others continue to feel swollen as the toxins wait their turn to be eliminated from the body. Both experiences are equally normal and are no cause for concern. A typical Kambo ceremony lasts about 2-3 hours. The time spent in the peak of the cleansing and purgative process can be as short as 10 minutes and as long as a couple of hours. Please allow an additional 2 hours for rest post ceremony before driving or attending any appointments.

What to Bring:

- 2-4 liters of room temperature spring or tap water can be used
- 2 limes for each day you will be attending a cleanse
- A Notebook and pen
- A Blanket and pillow
- A Yoga mat
- Layered, loose fitting clothing for hot or cold temperatures
- A change of clothing
- Your intentions (if you have written them down)
- Any crystals or other trinkets you like to work with
- Personal Hygiene products and a towel in case a shower is needed
- A vegetarian or vegan food item to share (group sessions only)

Contraindications: It is important to discuss all current health concerns and medications with me prior to your Kambo treatment. Any failure to do so could result in serious complications during or after your session. If your health changes prior to our time together please contact me immediately to determine whether or not you are still able to sit with the medicine.

It is with great pleasure that I look forward to holding space for you and your healing while sharing this sacred medicine together!