

## **HOW TO DO IBOGAINES RIGHT!**

In a previous blog, I detailed my personal ibogaine experience. Yes, I was able to detox off opioids successfully, but it wasn't a pleasant experience. As a result, I am committed to helping others have a positive ibogaine journey.

I have a strong sense of purpose, compassion, and commitment to creating a unique ibogaine treatment plan for patients.

Below are the most critical points that YOU SHOULD KNOW BEFORE DOING IBOGAINES:

- Be educated on what to expect before, during, and after ibogaine. Get The treatment center should answer all questions to your satisfaction. Know all the risks and the benefits
- Be medically cleared and optimized by a clinician familiar with ibogaine. Make sure it is safe for YOU to take ibogaine.
- Prepare physically with a tailored program to optimize your health. Enhance your diet and exercise program for the best results.
- Prepare emotionally by personalized coaching/counseling to identify the reasons for your drug dependence and how to move beyond it. Just detoxing off your opioid or other drug is not enough.
- Know the difference between “flood dosing” and a “slow protocol” ibogaine treatment. One type might be better than the other, depending on your situation.
- Ask if your treatment center will treat any side effects of my ibogaine ingestion. You should not have to experience significant opioid withdrawals.
- Ask what protocols are in place to keep you safe and comfortable throughout your stay.
- Ask about how they determine when you will discharge. Is it a set amount of time or when you are ready? You do not want to be discharged before you are mentally and physically ready.
- Ask if they offer any inpatient or outpatient aftercare to help integrate your ibogaine experience for positive healing.
- Ask if they follow you after discharge.
- Ask about their plan to help you with Post-Withdrawal Syndrome (PAWS) symptoms.
- Ask if they will work with you and your physician to minimize symptoms and treat them effectively if needed.
- Ask if they want your feedback. Any treatment center should welcome comments from their clients/patients.
- Make sure that if you are on Buprenorphine, you have been switched to morphine for at least **three months** before taking ibogaine.