



Post-Treatment Recommendations

These treatment protocols are recommended for 3 to 6 months after treatment

I. Nutrition/Food—good nutrition is essential in repairing and rebuilding organ systems and restoring the brain’s neurochemistry to its proper functioning.

- Drink lots of water—this will help flush out toxins. Drinking green tea is also good for its antioxidant and anti-inflammatory properties.
- Increase intake of raw fruits and vegetables—they are loaded with fiber which binds with and removes toxins.
- Avoid fried, fatty, salty, or overly processed foods—especially refined sugars and carbohydrates.
- Increase protein intake. Proteins contain the building blocks for enzymes and neurotransmitters. Eat plenty of fish, chicken, eggs, or protein powder, but avoid red meat for 3 weeks as it can contribute to inflammation and pain.

II. Supplements—vitamins, minerals, and other supplements are necessary for the repair, healing, and normal functioning of the body and organ systems.

- Omega 3,6, & 9 fatty acids—Omegas have anti-inflammatory properties and are necessary for the repair and function of cellular membranes. Omegas are found in flax seed oil, fish oil, hemp seed oil, or borage oil. 4000 to 6000 mg per day either as capsules or liquid which can be mixed into smoothies.
- B-complex—drug and alcohol use deplete the body of B vitamins. B vitamins aid in dopamine and serotonin synthesis and help to maintain healthy nerve cells.
- We recommend a multivitamin with a good mineral component. Try to find one that comes in a gel cap—they are easier for the body to absorb.
- Amino Acids—amino acids are important because they are the building blocks of neurotransmitters and proteins. 5-HTP (a serotonin precursor), L-tyrosine & L-phenylalanine (dopamine precursors), D-phenylalanine & DL-phenylalanine (endorphins), and GABA should all be considered as part of any after-care



program. Please consult with us to help you determine which will be most beneficial for your particular needs.

- Adrenal Support—one of the common affects of prolonged drug use (esp. stimulants) or alcohol use is adrenal burn out. When adrenals are burnt out, stress, fatigue, anxiety, and insomnia can be amplified. Some of the symptoms of adrenal burnout are frequent urination, night sweats, and/or lower back pain. We recommend Adrenal Plus formula, 1000 mg per day or Siberian ginseng (*Eleuthero*).
- Vitamin C—2000-3000 mg per day
- Sleep aids—melatonin, Sound Sleep (from Gaia herbs,) or valerian as needed.

III. Exercise—regular exercise is a normal component of good health

- Try yoga, tai chi, daily walking, swimming etc...

IV. Therapy/Counseling

- It is important to have a good support network. Having a therapist, spiritual counselor, or close friends that you can meet with in the weeks and months following your treatment are extremely important. You can contact us at any time by phone if you need to consult with us as your treatment unfolds.

V. Additional Therapies and Recommendations

- Sauna—sweating is a good way to rid the body of toxins.
- Acupuncture—can help with sleeplessness, pain, stress, and anxiety.
- Body Therapies—massage, Reiki, Rolfing, and energy work will all help move stuck energies in the body.
- Create a Dream Journal—ibogaine is a dream herb. If you don't already keep a dream journal, you may consider starting one prior to and continuing after your session. Useful information regarding your continued growth is often revealed



through the dream world.

- We encourage you to document your experience. This will not only help you to make more concrete the changes that have taken place within your psyche, but it will lead to a greater understanding of the ibogaine healing process. Be creative, and don't forget to include what may be perceived as negative aspects of your treatment. We need to know as much as we can about the use of ibogaine. If you choose to share an account of your experiences as part of our testimonial page, let us know. We won't include your full name. Please email these to Scott at scott@awakeninginthedream.com.
- It is very important to return to an environment conducive to your healing. The first 12-24 days are especially critical. This is the time that your neural pathways are being reestablished. If you return to an unhealthy situation you risk recreating your old self and revisiting the old patterns you have just worked so hard to dismantle. Please allow yourself sufficient time to stabilize. Once your new self has become firmly established, you will find it possible to interact in a stable, healthful manner with elements of your past that may have previously led to psychological, emotional, or spiritual imbalances.
- Remember! Things will come up. That is the nature of this medicine. One of the ways it teaches is by showing you your unconscious, conditioned behaviors in amplified form so that you can become aware of them. Don't panic when something seemingly negative comes into your field of experience. Although it may seem counter-intuitive, this is what we are after. You will have in each of these moments an opportunity to make a decision on how you wish to live your life. Will you choose to live out your old patterns or take the opportunity to create a new way of being? The choice is yours. In this state of heightened awareness in the months following your session you will be given the chance to choose the way you want to react to your environment without the fear-based, automatic responses that formerly were acted out in an unconscious manner.