



Pre-Treatment Guidelines

Please be sure to return the application form as soon as possible so that we will have sufficient time to pass on any important information to you to help you prepare for your treatment. For example, if you are taking an anti-depressant like Prozac, you will need to taper off it in the days preceding your treatment. We will give you detailed instructions on how to do this. Also, have your doctor fax us the results of the medical tests that we have requested as soon as possible for the same reasons as above.

I. Nutrition/Food

- In the days leading up to your treatment it is a good idea to modify your diet. Whenever possible avoid fried, fatty, salty, or overly processed foods, esp. pork or refined sugars and carbohydrates. Instead eat lots of whole grains, fruits, vegetables, fish, and chicken. For five to seven days before your treatment it is advisable to take a B-12 supplement and 2000-3000 mg of Vitamin C per day.
- Hydrate the day before. Drink lots of juice or an electrolyte drink such as Gatorade. You will want to reduce your ingestion of liquids as we approach the treatment time (approx. 4 hours before) because it may be difficult to get up and use the bathroom during the initial phases of the session.
- On the day of your treatment, eat lightly in the morning or not at all. Your stomach must be empty to avoid unnecessary nausea and for the medicine to work properly.

II. Mental/Physical Preparation

- Set a clear intention, and try to sit with it the day of the treatment. This shouldn't be thought of as a roadmap or something to hang expectations on but as a way to get centered within yourself.
- It's a good idea to take a nice warm shower or bath before you begin. You will want to be clean in preparation for your treatment.
- Let us know if you have any problems with nausea or motion sickness. If your problem is severe we may consider using an anti-nausea medication to make your treatment smoother. Ginger tea also can be helpful.
- If you are so inspired you may want to give an offering to the spirit of Iboga. this can be anything from a crystal to an item with sentimental value that may represent



some aspect of your healing journey. We have a special shrine where we place all of the offerings that we have received. This is, of course, done on a purely voluntary basis.

- Following the Bwiti tradition in Africa, we suggest wearing white clothes. Most important, however, is to wear comfortable, loose fitting clothes. You will probably be in bed for a long time.
- We will provide traditional music from actual Bwiti Iboga sessions to help facilitate your journey. There will be long periods of time the day after that will be spent in contemplation. We will also have soothing music to aid in your comfort and to smooth out some of the rough edges of the reentry period. You may want to choose some of your own music for this purpose as well.

If you have ANY questions please do not hesitate to contact us.