



What is Ibogaine?

Ibogaine is an isolated, active ingredient from the root bark of the central west African shrub, *Tabernanthe iboga*. It has been used for thousands of years for various purposes including spiritual development and as a rite of passage into adulthood. Its properties as a treatment to stop opiate withdrawal were unknown until the late 1960's. Since that time, studies undertaken by leading research and academic facilities have shown that ibogaine is an effective addiction interrupter for most substances, including heroin, methadone, methamphetamine, cocaine, alcohol, and nicotine.

How Ibogaine Works

Ibogaine alleviates the physical withdrawal symptoms of opiate detox by attaching to the body's opiate receptor sites. It functions in a similar way to treatments that block or take residence in these receptor sites. However, unlike methadone or suboxin which can lead to chemical dependency, ibogaine is non-addictive and needs not be taken on a continuing basis. Ibogaine treats other chemical dependencies, such as cocaine, methamphetamine, and alcohol, by resetting the brain's neuro-chemistry to eliminate cravings and addressing the root causes of the addiction.

After ingestion, ibogaine is converted by the liver into nor-ibogaine, which stores up in the fat cells of the body, and is released slowly, preventing any further withdrawal symptoms or cravings for two to six months. It has a documented anti-depressant effect that establishes a state of well-being, free from negative thought patterns.

The Awakened Dream State

Ibogaine can provide individuals with critical insights into the origins of their addiction process or other unhealthy behavior patterns. This is experienced acutely during the first hours of the session when the conscious and unconscious aspects of the mind are merged. During this "awakened dream" state, past events, even those about which the individual is not conscious, may be experienced in an emotionally detached way. Many individuals have suddenly understood or clarified past traumatic events or situations that, in part, have led to their present life condition. In effect years of therapy can be replicated in a matter of hours.



The Introspective Phase

This initial phase is followed by a period of introspection during which the information that was revealed during the journey is processed. The full range of emotions may be experienced during these first 24 hours, and most people require some down time to recuperate physically. This medicine can be very hard on the body. Some people feel so depleted that they are unable to leave their bed. Occasionally individuals may be completely overcome emotionally by what has been revealed to them, and some may become very depressed. This is part of the healing process.

The thoughts and emotions that come up during this time are being released from the body and psyche. While this may be uncomfortable for some, it is important to remember that, in large part, the success of your treatment is dependent on allowing this process to fully run its course. There is a fine balance between talking too much and withdrawing into oneself. Many people find that discussing their experiences with us freely and without judgment or shame makes them relax into the revelations and insights gained during the session. We are available in whatever capacity necessary during this time, but if we feel that you are avoiding going inward, we will not hesitate to guide you back in that direction.

Cultivating the Art of Living

After this period, there is a window of opportunity, anywhere from 12 to 24 days, for one to witness what previously was acted out in a completely unconscious manner. You may now experience these actions consciously. This is a chance to cultivate the art of living from a place of self compassion and humility.

The Spirit of Iboga

For thousands of years humans have evolved with plants and have used them for healing mind, body, and soul. Some of these plants, such as Iboga, have emerged as strong teachers and have been recognized as sacred medicines that have been used in healing the deeply spiritual aspects of our being. People of the equatorial regions of Africa have worked with the iboga plant as an herb of initiation and as a rite of passage for millennia, and no discussion of the role of ibogaine in the West can be complete without taking the spiritual aspects of the medicine into consideration.



We personally have witnessed Iboga exhibit incredible intelligence in its actions. It seems to know what each person can handle at any given moment. Some people are treated gently, while others are pushed beyond the edge of comfort and are asked to face difficult issues at the core of their being. We are asked to see ourselves in our wholeness, leaving behind notions of good and bad. We are empowered to see ourselves as we actually are and to see the true consequences of our actions. We no longer have to react to situations based on habitual responses programmed by past experience. We are given the freedom to exist in the present moment in connection with our true beings and the whole of creation.

Treatment Overview

We have created a safe and comfortable environment for you to do your work. Sessions will be conducted in our therapy house with 24 hour monitoring by experienced ibogaine facilitators. On the day of the treatment you will be examined by our doctor. If necessary, he will request further tests and will check in on you during your recovery to monitor your vital signs and physical stability and to provide for any medical needs that may arise.

The dose ranges and treatment protocol will be specifically designed to accommodate your personal needs and to provide the most effective and efficient treatment possible. The main visionary part of the experience usually begins one to three hours after you receive the initial dose and can last from six to ten hours.

Ibogaine therapy has similar requirements to minor surgery using an anesthetic. General stress on the body is similar, as are recovery rates. It is important that you stay at least 5 to 10 days. We recommended you stay longer. If you decide to extend your stay, we can help you find accommodations somewhere nearby.

Side Effects

Ibogaine is known to have a few unpleasant side effects. Not everyone experiences them but it's important to be aware of them. Almost everyone feels some form of motion induced nausea. It is important to remain as still as possible during the initial phases of the journey. Roughly one-third of patients vomit—for some this can be very intense and may continue for several hours. This is a normal part of the healing process; a way for the



body to rid itself of physical and psychic toxins. Many people also experience auditory and visual distortions during the first six hours. These disappear completely after 36 hours. Extended periods of sleeplessness may occur, and, as was mentioned above, extreme physical discomfort during the "waking up" process is not uncommon.

Final Thoughts

It cannot be stressed enough—this is a highly personal experience, and each individual's journey will be uniquely suited to his or her specific needs. Not everyone will experience visions or witness memories of childhood (for those that do, it may or may not be in an emotionally detached way.) This will not effect the success of your treatment. The medicine works on many levels simultaneously—many of which we are not consciously aware.

On the day following treatment many are left with the impression that it "didn't work" or that they would "never recommend this to anyone." We are continually reminding people to wait a few days before they pass judgment. Ibogaine therapy is not a quick fix. It is a pathway to a deeper sense of self; an opportunity to establish a new way of being. For some this may be the beginning of a long, arduous process. Sometimes more than one treatment is necessary. It all depends on where you are on your path of unfolding.

If you are dealing with a hard-core addiction process, the medicine may only be able to work on the physical part of your addiction. You may need to return for another treatment to work on the mental, emotional, and spiritual aspects of your process. Remember, you are essentially being reborn, and the more time your new sense of self has to stabilize, the greater the potential for a full, long-lasting recovery.