

Kambo aftercare is an essential part of the process while working with these powerful peptides. Along the years I have picked up various healing modalities that work in a synergistic manner with kambo and other plant medicines. Using some of these practices can help with aiding to the longevity of benefits from your treatments.

Kambo treatments are best worked with 3-5 treatments over a few months span. A single maintenance treatment is very effective every 2-6 months afterwards. Each maintenance treatment holds great benefit, building off your previous hard work with the frog. The treatments go deeper each time you participate in ceremony and can be a lifelong relationship with the frog. Here is a short and simple guideline for certain herbs, supplements, exercises and diets that have worked for my self and colleagues. Please do further research on these notes, seeing what resonates with your own current practices and nutrition. Please reach out to myself if you have any questions with this guideline and your path with kambo aftercare.

REBOUNding EXERCISE - (Mini Trampoline or Jump Rope) Kambo works with strengthening the lymphatic system. Draining and pumping your lymph nodes is an essential exercise to practice throughout the week after Kambo. You never want to stay stagnant after treatments, where it is imperative to get the heart rate up and exercises to fully complete your treatments.

- BEEF GELATIN- Wide spectrum of Amino Acids and Protein. Buy in bulk powder form, take via tablespoon and chase with water quickly to prevent clumping.

-MSM- Organic sulfur to aid with detoxification

- SODIUM BICARBONATE/ LEMON JUICE THERAPY- With Kambo, we are cleaning the gut and promoting overall gut health.

-PINE GUM SPIRITS- A powerful remedy for parasite cleansing. An old remedy used in the 1800's by farmers and native American Indians. Also published in the Merk Manuel for health. Dr. Daniels, a Harvard Graduate, has done great work in educating the public regarding this supplement. One teaspoon of oil soaked in one teaspoon of raw organic sugar. The sugar acts as a bait for the parasites and is very effective. (Please consult with myself or Dr. Daniels for specific protocol)

- PROBIOTICS- Kambo post care implements a strong regiment of probiotic health. Refrigerated probiotics along with kim chi, sauerkraut, milk kefir and coconut probiotic water is essential for gut health.

-WHOLE FOOD VITAMIN- Vitamins derived from whole foods rather than synthetically processed.

-NASCENT IODINE- Essential thyroid support and detoxification aid

-KAMBO DIET- I highly recommend utilizing smoothies on a daily basis. As we grow in age, our stomach acids deplete, making digestion harder on our bodies. Having smoothies on a regular basis gives your digestive system a break while supplying your body with many nutrients. Coconut or almond milk works great for a base liquid. A choice of powdered protein of your choice along with ice, frozen fruit, nuts, and seeds is great making it tasty. Sky is the limit with smoothies and you can

get creative without making it taste gross.

Organic Salads are also very important in the Kambo Diet. I recommend a tub of organic mixed greens while using cold pressed olive oil as a dressing. Avoid soybean dressings, which are common. Pink Himalayan salt with other spices works great in making your salad tasty. Adding in other vegetables can make your salads more filling as well. Again, sky is the limit with salads, but your base of mixed organic greens with olive oil works very well. Consider taking a Quercetin pill, 500mg a day, which is a strong bioflavonoid.

Your overall Kambo diet does not have to be perfect, but to eliminate as much processed sugar as you can helps with the journey to better health. Smoothies or

fruit can help cut the processed sugar cravings very effectively. Stay away from processed foods as well if possible. Paleo or Keto diets are beneficial for certain people and I have seen great success with these particular diet plans. Sometimes the paleo diets are hard to stick with, but implementing them for a certain percentage of the week is manageable. When working with Kambo, cutting back on dairy products is important as well. Eggs are fine with Kambo. Cheese in small portions and practicing moderation is key for all the cheese lovers.

In regards to meat, many patients ask this question. This is a personal part of your diet and path. In the Kambo Community, if you do eat meat, keep it in moderation, once or twice a week while not eating meat the day prior, on, or after your treatment. If you do partake in meat, the Sodium Bicarbonate Therapy we mentioned earlier will be very helpful in regards to digestion and neutralizing the acids.

Intermittent fasting is also a topic within the kambo community that deserves some time for research. I have seen great results personally and with many people I work with.

Hydration is extremely important with Kambo aftercare. Try to stay away from public tap water, as chlorine and fluoride are hard to remove. Well water or Gallons of spring water are essential to have on hand. Staying hydrated will help flush out the toxins aiding and furthering your Kambo afterglow. 1/2 to 3/4th gallons a day seems to work well in your aftercare. Consider purchasing an affordable Chlorine Shower filter as well, if on a public water supply.

MENTAL AND EMOTIONAL HEALTH – While participating in kambo treatments, we are doing very strong biological and energetic work with the mind, body and spirit. Although Kambo makes us strong and generally feeling positive and grounded, the initial treatment can occasionally stir up past traumas or energetic illnesses that reside deep within the body. It is important to stay strong, trust in the process and keep up with the treatments, pushing through the Kambo protocol; which is typically 3-4 treatments within a month or two period to gain the maximum benefits. During this process, it is important to keep up with your own personal well being doing your best to surround yourself with a positive environment (As best as we can, nothing is perfect).

In regards to Alcohol, during the protocol keep this to a minimum or complete abstinence. If you decide to drink, avoid intoxication while keeping your intake to a 1-2 drink maximum. If you enjoy tobacco, which can be viewed as a sacred plant, consider the brand American Spirits that have no additives. Yellow, Turquoise, or the green packs are the organic blend. If tobacco is an important medicine in your life, research Sacred Hap'e/Rap'e Snuff and Mapacho, which are great

alternatives.

Cold Water Therapy is a strong remedy for Kambo support, as it helps with circulation and aids in combating fatigue and depression. Cold showers or 10 min ice baths can be a great tool for emotional well being after Kambo treatments.

For patients taking antidepressants, it is not advised to quit cold turkey while taking Kambo. Continue taking your antidepressants, just not the morning of your treatment.

There are a plethora of modalities to help with the healing process that you can use in conjunction with your Kambo treatments. It is important to utilize what works for you, as you begin your relationship with Kambo.

Some essentials most Kambo practitioners recommend is to be diligent in getting outside while connecting with nature. Secondly, whether is an organized Yoga Class or just stretching and focused breathing in the comfort of your own home, either is great and effective during your journey with Kambo. Meditation is also key; finding time to clear the mind while practicing stillness is very beneficial as the energy of the frog is fine-tuning your body.

We have also found receiving a few chiropractic adjustments during or after your work with Kambo is a very powerful tool. After this combo, your senses will be opened up, while using essential oils is beneficial.

Congratulations on receiving the calling from the Phyllomedusa Bicolor Tree Frog. It is a strong detoxifier and teacher, yet gentle in its after glow. It takes courage to continue with the frog, but each session becomes more rewarding as the healing process grows and intensifies. Viva Kambo!

Any questions regarding the aftercare, dosage questions, supplement cycles, entheogenic medicine education, please reach out.

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