



## HOW DO I PREPARE FOR KAMBO?

Thank you for your interest in this sacred medicine and the confidence that we are performing the ceremony. If you have not already done so, please visit our website [www.kambo-osnabrueck.de](http://www.kambo-osnabrueck.de) and fill out the form at the bottom of the page so that we can know how we can best support your process. You can also read more about the science behind Kambo and what to expect.

Each session includes medicines from Rapé and Sananga, which you can read more about on the website. When you arrive, we will see if we serve you 1.5 litres of water or a papaya mixture, which is used by many tribes in the Amazon region.

### PLEASE FOLLOW THESE GUIDELINES FOR PREPARATION:

- **Please do not consume at least 3 days before:**

- ✓ Alcohol
- ✓ Drugs
- ✓ Packaged food with preservatives or chemicals
- ✓ Fried food and junk food
- ✓ Soda
- ✓ Antihistamines and sleeping pills

If any of these questions pose a problem for you, please contact us to discuss it.

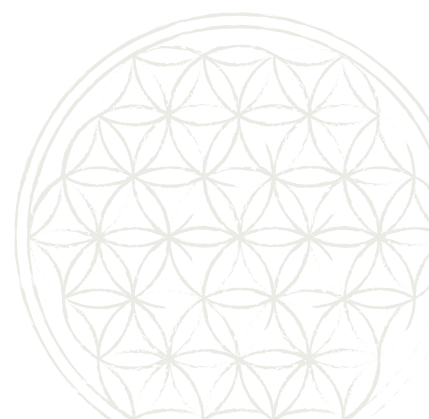
- **We also recommend avoiding the following:**

- ✓ Gluten
- ✓ Meat
- ✓ Dairy products
- ✓ Distilled water
- ✓ Sexual activity
- ✓ Negative influences (media, people etc.)

- **Please take an alkaline diet before the ceremony. This will facilitate the detoxification process and make your experience with Kambo smoother. We recommend to eat mainly vegan food, with lots of fresh, organic fruits and vegetables as well as sea / Himalayan salts and electrolytes.**
- **Fasting at least 6 hours before the ceremony. If you receive Kambo in the morning, please fast from the time you went to bed the night before. In exceptional cases or if you have a long journey, a light vegan smoothie, juices or coconut water is possible before. Please limit your water intake to 1 liter before your arrival.**

- Please list all medications on the intake form. In case of serious illnesses we have to make an appointment by phone in advance.
- We also recommend daily meditation, breathing work or other modalities to open you up and clarify the energies present in your area. These are wonderful tools to help you surrender to the sensations and emotions that occur during Kambo.

Please contact us if you have any questions or would like to discuss in more detail. We look forward to guiding you through this transformation experience!





## POST-KAMBO-CARE

After your session with Kambo you may feel tired or more energetic, depending on what is going on in your body. Please give yourself time to rest and combine the experience with meditation, recording, grounding or other techniques that feel right for you.

### WE RECOMMEND TO OBSERVE THE FOLLOWING POINTS:

- **Remineralize with coconut water, electrolytes and salts. Drink 8 to 10 glasses of water a day and stay hydrated.**
- **Avoid dense foods such as meat, dairy products and fried foods for at least 24 hours. Do not drink alcohol or drugs for at least 3 days.**
- **Be aware of the energies coming into your field from people, food, technology or media.**
- **Limit your time in the sun for 24 hours after that. Wear sunscreen and use more electrolytes if you need to spend time in the sun.**
- **Eat organic wholefood afterwards.**

The most important exercise is to love yourself, your body and this healing journey. If you need further help for Include other herbal medicines in your life or need to support integration, visit our website to arrange a meeting with Natalie.

**Please accept that the ceremony preparation takes time. So please do not be earlier than 10 minutes before your appointment there. Thanks for your understanding.**

