

Kambo

Information Sheet 2024

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What Is Kambo?

Kambo is the secretion of the Giant Waxy Green Spider Monkey Tree Frog (*Phyllomedusa Bicolor*), which lives in the upper areas of the Amazon Rainforest. It has no natural predators, therefore the folklore of this secretion being a venom or a poison is actually incorrect. The secretion of this animal has been found throughout centuries to have a plethora of healing powers, shifts in the energetic body as well as the unwinding of karmic patterns that block us from fulfilling our individual blueprint here in this lifetime. It has been quite a gift to work with this medicine and find that it supports us in finding the stamina, strength and resiliency of the nervous system to handle more of life's challenges on all levels of existence.

They are found in Bolivia, Brazil, Colombia, Peru, French Guiana, Suriname and Venezuela. The IUCN database lists them in the 'Least Concern' category because of their wide distribution and large population. They're not endangered and Kambo is completely legal everywhere in the world.

Kambo Traditions

Kambo has been utilized by indigenous tribes of the upper Amazon for hundreds of years. It is an integral part of the culture of the Matses, Marubo, Nukini, Mayoruna, Amahuaca, Katukina, Kulina, and Kaxinawá peoples. The most prevalent myth regarding the discovery of Kambo comes from the Kaxinawá people of Brazil. In it, a storied healer called Kampum passed away and reappeared as the frog from which Kambo is harmlessly collected in order to be used to strengthen and energize the mind and body of hunters, as medicine to treat Malaria, fever, infections and snake bites, and to clear away negative energy.

Each tribe has utilized Kambo in their own way. Some tribes' techniques date back thousands of years and some modern adoptions by tribes such as Caboclo have little history or ritual associated with the application. Kambo use is not connected to shamanism or curanderos (although they may utilize it) and is used and applied by both men and women.

The first non-native observations of Kambo use were recorded by a French priest, Father Constantin Tastevin in 1925 while residing with the Kaxinawá. In the 1980's, anthropologist Katherine Milton described its use among the the Mayoruna tribe and Peter Gorman documented his experiences with it among the Matses tribe, largely contributing to the spread of knowledge of Kambo (or 'Sapo' as the Matses refer it) to the Western world.

What Is It Used For?

The use of Kambo differs amongst tribes but the main indigenous uses revolve around lifting Panema, an indigenous name for dark or negative energy/ bad luck. It is said that when '**panema**' is warded away, the path to overcoming obstacles is revealed and life flows more naturally. It was also commonly used for **Hunting Magic** – they believe it increases their speed and energy during hunting and that it makes the hunter invisible by temporarily eliminating their human odor. They can run faster, longer and eat and sleep less for a period of time. There are many ways they use it medicinally too, including:

malaria, snake bites, fevers, infections, fertility problems, to cleanse, detox and strengthen the mind and body, to increase energy, sexual attraction and stamina and to reduce pain.

Outside of the forest, Kambo has been the subject of more than two decades of medical research. As with venoms from snakes and scorpions, researchers believe that Kambo will open up a new world of treatments for *Chronic Fatigue Syndrome, Chronic Pain, Cancer, HIV, Herpes, Parkinson's Disease, MS, Alzheimer's, Depression, Blood Pressure and Thyroid Issues, Hepatitis, Diabetes, Rheumatism, Lyme's Disease, Arthritis, Addictions, Emotional Trauma* and much, much more. Their work consists of attempting to identify, isolate and reproduce the incredible and unique chemical cocktail of Kambo. It contains dozens of Peptides (short chains of amino acids), some of them bioactive, which means they have an affinity and selectivity for binding with receptor sites in humans (A receptor is like a lock that, when opened with the right key—the bioactive peptide— triggers specific chemical reactions in the body). Which means your body loves them. These peptides also act as adaptogens, which means that they go to where your receptor sites need them and do not go where unneeded. For those of you who want to do more research, the peptide families represented in Kambo include bradykinins (phyllokinin), tachykinins (phylomedusin), caerulein, sauvagine, tryptophyllins, dermorphins, deltorphins and bombesins. Recent studies have shown that Kambo contains multiple antimicrobial peptides effective against drug resistant strains of bacteria, fungi, protozoa, parasites and viruses, providing opportunities for the development of new and more efficient nanotechnological-based therapies for treating infectious diseases. Several years of research by the University of Paris have shown Kambo to be super effective at killing cancer cells and Queens University in Belfast recently won a prestigious award for their ground breaking work with cancer and Kambo.

Kambo is one of the strongest natural anti-inflammatory, antibiotic, antimicrobial and anesthetic substances found in the world and one of the strongest, natural ways to strengthen the immune system. It is 30-40 times stronger than morphine in its pain-killing properties. It also detoxes the liver and the intestines so it's a powerful cleanser. Immediate and short-term

effects include enhanced mood, alertness, clarity, focus, energy and increased resistance to stress, tiredness, hunger and thirst. The mind becomes still, you feel lighter and everything becomes easier to manage. In the longer term, Kambo empowers the immune system, rousing the body's defense systems to their natural functions so that existing health problems are improved

or resolved and future ones are less likely to occur. In spiritual terms, Kambo works in a mystical fashion as a light that opens the way, helping us to overcome obstacles and release blockages on an emotional level. It clears our energy field and realigns the chakras enabling us to break subconscious thought forms & negative patterns in order to live with more neutrality and positive mind, making more elevated thoughts, decisions and actions.

Despite the billions of pounds/euros and dollars being poured into researching and developing mainstream synthetic medication from *Phyllomedusa Bicolor* frog secretions, no one has yet managed to reproduce the original. The frog is unable to be grown in a lab, it needs its natural habitat and diet in order to live. Kambo in its original, natural form is a holistic treatment that works on the mind, body, energy and spirit at all levels in sometimes mystical ways. The Native Amazonians are quite apropos to use the word "magic" when describing this substance. The medicine is highly intelligent and contains a higher intelligence to work with the body in a unique way, knowing where it needs to go and do its work. Along with this acknowledgment of a higher intelligence, it seems that Kambo and other plant + animal medicines have decided to come out of the jungle with a desire to spread. The intention seems to be so that more and more people can benefit, healing their body, mind, and spirit as higher consciousness is requested here on this planet and more specifically in the western world.

How Is Kambo Harvested?

The frogs which are nocturnal and arboreal can be found high up in the trees near the Igarapés (rainforest waterways) where they gather to sing and announce the rain. They are generally harvested at dawn by the indigenous

tribes (Matses, Katukina, Kaxinawa, Yawanawa etc) who also sing and imitate the frogs' song. The frogs climb down voluntarily, are very passive and do not react when picked up. The frogs are carefully tied by each leg with straw strings into an X shape. Sometimes a female tribe member will massage the toes to encourage the secretion which is then carefully scraped off and dried on small sticks. After it is released the frog returns to its habitat unharmed. The strings leave a tiny white line on each leg which stops anyone from harvesting the frog again until it has faded which takes at least 3 months. The frog is never harmed but treated with utmost care and respect by the tribes as the Indians believe that to harm the frog will anger the animal spirits that they live so closely with. Kambo collected in this way is considered 100% ethically harvested. We get our medicine directly from the Matsés tribe in Peru, that is doing a wonderful job taking care of the frog population. That being said, outside of the tribes there's always people who don't respect the frogs as much and only think about money. They milk the frogs to exhaustion, and when left without enough medicine to defend themselves, the frogs become vulnerable to predators. We do not support those practices and advise everyone to be very mindful and to always ask where the medicine comes from, no matter where in the world they're receiving Kambo as you'll be directly connected energetically with the frog(s) that have provided the medicine for your stick or could also receive medicine from a stick that is contaminated when not handled correctly.

How is Kambo used?

Kambo should always be taken with a properly trained person administering and supervising the treatments at all times.

Kambo is intense but fast. The unpleasant effects are strong and immediate but mostly over within 10 - 40 minutes. The dried Kambo is mixed with a small amount of water and divided into small dots. Then small points called gates are placed into the surface of the skin. The points are approximately 1/8" across but can be smaller or slightly larger depending on the treatment. The top thin layer of skin is blistered with a hot stick and the skin is peeled

off to expose the epidermis underneath – this is the same as when you have a blister and the skin rubs off. There is no blood. The number and position of the points varies from person to person depending on individual needs. If you have a series of treatments in the same session, the same points are reused. The small dots of Kambo are applied to the points. This is the only way to take Kambo – it is not safe to ingest it or introduce it into the blood stream directly. The Kambo enters directly into the Lymphatic System so the effect is very fast. Most people experience a warm to hot flush on the upper body and face along with increased heart rate. At this point, different people will react in different ways. Some will feel dizzy, foggy or spaced out. Some people have swollen lips or face and slight skin tingling. All of that is normal. The Kambo will be racing around your body, scanning it for problems and then going directly to work on those areas. You may experience a throbbing or burning sensation, maybe some pain in those areas for a short while. Doesn't sound fun, but is a great sign for the medicine doing its job and going directly into the blocked areas. Kambo is not psychoactive, so it does not produce hallucinations, but can produce a short altered state of reality in some people and many people receive insights and messages about living a healthier life. Then you will purge all the toxins out. This purging process works on a physical and emotional level. You may feel tired at this point and need to rest. Within a short time – usually an hour or so you will feel much better and you can drink and eat normally. After a good night's sleep you will start to feel the real benefits. For some people that might take 2-3 days and they might need some extra sleep until then. (Kambo always brings you what you need, not what you want)

The burn marks will heal and fade with time but depending on your skin color and type you may always have small visible scars. Most people see their Kambo scars as a badge of honor. The same points can be reused after approximately 3 months. After the dots of Kambo are removed, the points are dressed with Dragon's Blood, a Peruvian tree sap. This helps them to heal faster, scar less and ensures they stay free from infection until they scab naturally within a day or so. Please don't use any soap or the burn marks until a day or two after the treatment. Try to keep the burn marks as dry as

possible. (if you're sweating for example)

And don't use a jacuzzi for a day or two. If you experience unusual redness or itching, applying more Dragon's Blood (Sangre de Grado, Sangre de Drago) always helps.

Rapé and Sananga

In case you have trouble purging, Taylor will offer you Rapé (pronounced hapay), a traditional shamanic snuff from the Amazon that will help you break through energetic blocks and will help you release. The one we mostly use is prepared in a ceremonial way infused with many prayers and healing intentions by shamans from the Yawanawa tribe in Brazil. We have a wide selection depending on what's needed from different tribes, ranging from the Matses Nunu to Kaxinawa and Katukina rapés. The base is sacred ground mapacho tobacco leaves, different herbs, leaves, tree barks and ashes. It will clear out your sinuses, align your chakras, increase the blood flow in your brain and connect you to the spirits of the Amazon. It is also used for headaches, to cool down in heat, relax the mind, and lower blood pressure. A truly magical medicine. It is applied by blowing it into your nose with a Tepi pipe.

Sananga is made from the root and bark of the Tabernaemontana Sananho shrub. It's a traditional eye medicine that is beneficial for inner and outer vision. It's great against astigmatism, glaucoma, cataracts, migraines, sinus issues, macular degeneration etc and will clear out your tear ducts and excessive protein around your eyes. It's also great against dry or red eyes and eye infections. And it will also help decalcify your third eye, to lift panema and is great against anxiety and depression. It also helps to bring out inner anger. After it's applied it will burn for about 3-10 minutes depending on how strong it is. Your eyes will start vibrating and recalibrating. Afterwards the vision becomes sharper, you will feel uplifted and the world will look more vibrant. This is why we offer Sananga at the end of our ceremony.

Who Can't Take Kambo?

CONTRAINDICATIONS

Kambo has no known damaging side effects, so when it is responsibly administered it is completely safe. However, there are very few people who cannot take it.

- *Treatment cannot be given to under 18 year olds*
- *Pregnant or breastfeeding women with babies under 6 months old*
- *People with serious heart problems (bypass, enlarged heart) (stents or arrhythmia are fine) - People taking medication for very low blood pressure (high blood pressure medication is fine)*
- *People who've had a stroke or brain hemorrhage*
- *People who've had aneurisms or blood clots*
- *People with serious mental health problems (depression, anxiety are fine, please inform me about all other conditions, participation will be decided case by case!)*
- *People undergoing chemotherapy and for 4-6 weeks afterwards - People suffering from epilepsy (Not fully contra-indicated, just a precaution: mild epilepsy is okay, also if people are okay with potentially having a seizure if their medication gets flushed out. Epileptics will get a layered treatment, increasing the number of points one by one)*
- *People suffering from Addison's disease*
- *People who take immune-suppressants for an organ transplant.*
- *People with kidney or gallbladder stones (it can get very painful if they move)*
- *People who lack the mental capacity to make a decision to take Kambo*

Do not fast 7 days before or after Kambo! You need the nutrients. If you've done a water fast but have been eating normally for a few days you're good to go. Mindful with juice cleanses as well, depending on the type you do.

Fasting is required 8-12hrs prior to receiving Kambo. Please time your food regime out with your ceremony, it makes the process much easier for YOU if you do this. If you have eaten a meal it is possible I will choose not to serve you the medicine.

Colonics, enemas and sweat lodges should be avoided 3 days before and after Kambo. Bikram Yoga instructors should also avoid teaching too many classes the day(s) before to make sure they're good on electrolytes.

***Please let me know if you're taking any slimming or sleeping supplements, Serotonin, 5HTP or Melatonin. Staying off them for 4-5 days before Kambo is advised. Caution also if you're taking immune-suppressants for autoimmune disorders, GABA or blood thinners.

It is perfectly safe to take Kambo before and after Ayahuasca ceremonies. Also before planning to take *Bufo alvarius*. (The Toad)

But it is not safe to receive it for up to 6 weeks after *Bufo* (it can send you off into another *bufo* experience with dangerous blood pressure drops) and please wait 3 months after Iboga. (Ibogaine is a different story, Kambo can be taken a few days after Ibogaine, but please ask when in doubt and let us know how long ago you received any of these medicines).

If you have received the COVID-19 Vaccination or Booster it is recommended you wait to come receive Kambo between 4-6 weeks to ensure no immediate side effects occur from taking the vaccination. Please directly notify me if you've been vaccinated and share with me in advance if you've had any unusual symptoms arise after receiving the shot. It is rare but not uncommon for things to surface after Kambo and vaccination, so it is best for all parties to be up front about this. Detoxing from these injections can happen, for everyone it looks very different, best to be aware. I have appropriate supplements and other modalities to support this if detox symptoms do arise.

If you are menstruating at the time of treatment, Kambo may cause the flow to increase for 24-36 hours because it contains strong vasodilators and you might experience additional cramping if you take it within the first two days. But it's absolutely fine to take it given that body is already set to release on

those sacred inward days.

If you are asthmatic ensure that you have your inhaler with you. If you are Diabetic it's important to discuss your treatment in advance. (We will monitor your blood sugar levels, but you're not contraindicated)

*You must inform me if you have ever or are currently suffering from a mental health condition, regardless of whether or not you are taking medication. If you're on regular anti-depressants, it is requested you refrain from taking them on the evening before having Kambo the next day. You can take them right after the treatment. Other medication has different time frames, so please let me know what you're taking. In most cases it is usually completely safe for you to continue taking your normal medication but we need to discuss this beforehand.

On the other hand you might feel invincible for a few days after Kambo, but please don't just stop taking anti-depressants or other medication cold turkey, no matter how good you feel. That will backfire. There is a way of weaning off anti-depressants and other medication safely with Kambo, but it's a certain protocol that has to be followed with specific treatment intervals. If you're interested in getting off the meds for good, we can develop a treatment plan specifically for you. In all other cases, take anti-depressants after the ceremony, so they don't get flushed out.

If you're on contraceptives, please keep in mind that they might not be effective if you purge them out. So take them after the treatment or use extra caution that month.

With some health conditions Kambo makes the symptoms flare up in the days after the treatment. Few people might also get a slight fever, cold like symptoms or diarrhea for a day or two. No need to worry! It's your body and immune system resetting. Sometimes things have to get a little worse, before they get better. This is called the Herxheimer reaction. If you have Lyme disease for example be prepared to herx. That means that sometimes those undesired symptoms might surface for a few days before they heal, get better or disappear. That's not only the case with physical symptoms but also with emotions that can be brought up to the surface. Sadness, anger, loneliness etc.

If you're trying to work on your anger issues for example, you might find anger more prevalent for a few days to flush that out. (So please communicate what you're working on with your roommates or partner so they may be aware and supportive) It's rare, but it can happen with any symptom or emotion. It might enhance for a few days what you originally came to get rid of. So be aware, with awareness you can be free of concern. It's all a bigger part of the healing process. My suggestion is to trust the frog. It works in mysterious ways bringing things to light and will eventually restore balance. Kambo reveals and then sets things straight sooner or later!

In any case, please inform me if the symptoms persist unexpectedly long or if you're vomiting more than a few hrs after the treatment. (This is very rare and mostly seems to happen to people who haven't followed the official water guidelines. So chances are it won't happen to you because we'll monitor your water intake. Usually once the medicine is off, you'll stop vomiting after a few minutes)

If you're booking a private treatment and have a pet, please make sure you have a sitter or the pet can stay in another room alone without distracting you too much.

Also, please make sure there are no smoke detectors right above where you plan to have your treatment, as the sage smoke might activate them (not the most pleasant thing during your treatment!)

Your practitioner and healer

All treatments will be administered by Taylor EyeWalker, who is based out of LA. She is a Maven of Healing with a background of Chinese Medicine, Kundalini Yoga, Creator of The UNCOIL Method, Shamanic Healer, Master Kambo practitioner and Somatic Therapist. Her current focus of study is Naturopathic Medicine with a focus in biological medicine and epigenetic medicine. She was trained by leading Kambo expert and IAKP founder Karen Uma Kanya Darke, Ginny Rutherford and Tomasz Zaremba (who draws upon the experience of over 20,000 Kambo treatments over the decades) and

is a fully qualified practitioner through the IAKP and is now a founding member of Kambo International, an organization based on higher education and conscious Kambo. Taylor has treated thousands of clients in her care.

Her strengths are her intuitive and psychic abilities, extensive training in esoteric technologies and clinical training in alternative healing and therapy. She uses the wisdom of several traditions in her work, Indigenous methods, Meridians, Chakras, Marma Points, TCM and Auricular forms of Kambo therapy where appropriate. She has a central focus on using TCM, Meridian and Auricular therapy and keeps diving deeper into this practice to steer her clients into the most fully comprehensive form of healing for them. In most cases she detects where the energy blockages are and guides her clients towards releasing those.

Her ceremonies are fully held in a sacred space, nurturing and sensitive to individual needs and includes Kambo medicine songs, sound, possibly drums and rattles and supportive shamanic practices.

Taylor's process with Kambo may be different from most other practitioners. She gives the client the opportunity to experience an in depth consultation process with her, allowing the root of any current issues to be revealed where a specific protocol and plan of action is set up for the individual client. Taylor's work is deeply comprehensive and she also provides the opportunity to follow up with integration sessions between each sit with Kambo. This depends on the individuals needs at each particular time. Those with more serious physical or mental health concerns may need to receive more intensive treatments with Kambo in a shorter period of time.

Kambo also does not necessarily have to be done when there's a big challenge or issue to be addressed in your life. Kambo is also extremely valuable when done when your life is joyous and at ease. Taylor steers her clients toward preventative maintenance with Kambo especially because we are living in a highly dense, environmentally toxic and technology overloaded city.

Frequency of Kambo

Kambo can be taken as a single or double treatment, or as an intensive treatment spread over several days and weeks, or the deepest cleanse, which is three treatments in three hours (only for seasoned clients).

In some traditions, Kambo is also taken as a vaccine and is administered as 3 treatments over one moon cycle (29.5 days). The famous vacina da floresta. The most effective way to take Kambo when you're doing it for the first time is to take the medicine **3 days in a row** as resistance drops and you into deeper layers each time, the body and mind are in the process of release mode. Imagine doing a cleanse 3 days in a row vs. 3 days in a month. You benefit from both but you as well as I know, three days of cleansing takes you deeper. If that's not possible, 3 times in a moon cycle works wonders as well. This process may be more suitable for more sensitive individuals. I recommend upon receiving the inoculation of 3, refreshing with Kambo once a month, every few months or once a year depending on your health status and needs.

The more treatments you have, the deeper this medicine and the purge goes. Some people will need several sessions to fully feel the benefit or be ready to release and let go of the deep stuff. Everyone will benefit from a single session, whether they believe in it or not. You can FEEL the benefits of Kambo. When in doubt of how often you should take the medicine, work directly with Taylor to create a protocol or just listen to your body and it'll tell you when you're ready to receive more Kambo.

Every health condition has a different protocol. An early Lyme disease will benefit the most out of several days of Kambo in a row as soon after the tick bite as possible, whereas depression or fertility treatments need different intervals.

Kambo services

You will also want to give yourself plenty of time for rest, relaxation and integration after your sit with Kambo.

Prices

Private sessions with Taylor are the most comprehensive way to sit in ceremony. You will be receiving a customized protocol for the nature of your condition, intentions and desires with kambo. Taylor includes her in depth wisdom of Chinese medicine and understanding the nature of our subconscious patterns. Sessions will include personalized protocols, in depth pattern work, meditation, breath work and potentially further work with psych-k and other holistic health suggestions for furthering health and healing. Taylor is a wealth of knowledge and wisdom, supporting ease person to find their way to homeostasis and true balance.

Private Sessions

1 Treatment: \$375

Time duration: 2-2½ hrs

Package pricing:

2 Treatments: \$699

(Must be used within 29 days)

3 Treatments: \$999

(Must be used within 29 days)

Private Double Treatment Kambo Ceremony

2 Treatments in 2 Hours: \$550

Time duration: 3-3½ hrs

Private Warrior Initiation Kambo Ceremony

3 Treatments in 3 Hours: \$750

This is NOT for first timers with Kambo. Pre-approval is necessary before you book.

Time duration: 4-4½ hrs

Private Group Kambo Ceremony [4-5 people max]

\$250 per person

Time duration: up to 4 hrs

Group Kambo Double Treatment - 2 Treatments in 2 Hours

\$350 per person

Time duration: 3-3½ hrs

Public Group Kambo Ceremony [4-5 people max]

\$222 per person

Time duration: up to 4 hrs

Personal Consultation prior to Kambo for Group Ceremony Participants:

\$155 per person

Time Duration: 45 min

Warrior Initiation

People ask for the Warrior Initiation (3 times within 3 hours), when they're in need of a major breakthrough or life transformation, they are in need of support to make a difficult decision, they want to steer a big vision to manifestation, when the health condition they want to treat would hugely benefit from this larger dose of medicine or as a right of passage.

*Warrior Initiations can't be given to first-timers as you'll have to be able to sit with a lot of medicine and you have to work your way up to it. They're quite intense.

All ceremonies will be held in my private Healing Sanctuary. You may also arrange to receive treatment in the comfort of your own home.

If I join you for ceremony in your home, it is turned into and will be decorated as a ceremony space and will benefit from a simultaneous energy clearing.

Travel

*****please read*****

Private Ceremony in your home: \$350 flat fee for everyone in the Los Angeles area. \$450 for clients in Orange County or Ventura County. Any distance over 2 hours is a 5 person minimum with a \$450 travel fee. Will not travel over 3 hours for treatment. Please inquire in advance regarding your location before booking travel, will not travel during peak traffic hours. If you do prefer travel during peak traffic hours, an additional fee may be required to compensate for the extra time needed for the drive.

Group Ceremony in your home or preferred healing space: There is no additional charge for groups over 5 people in the Los Angeles Area. If you wish to host your own group outside of the Los Angeles area, the same travel fees do apply and can be split among the participants.

First timers

All first time users will be tested for sensitivity before treatments. You will get a test point and we'll watch carefully how your body reacts. This is a good time to commune with the medicine, connect and let it enter your body without any fear. We also call the test point "bliss point", as it might actually feel quite nice. Your reaction along with the practitioner's experience, intuition and connection with the spirit of the medicine will determine the eventual number of points you'll receive in total. There is no set number – everyone is treated individually.

Optional Integration Sessions

During these sessions we will explore how we're using the medicine of Kambo to steer any blocks, challenges or big visions into a new direction. There may be meditation, subconscious clearing, counseling + therapy, goal setting and organization or teachings to support you in creating space and manifesting new opportunity in your life. These sessions are 1 hr and can be added on to

any Kambo session for \$200. This provides you the opportunity to continue working with Taylor and have the support you need for long term growth.

Integration sessions are all done on Skype or Facetime.

Reserving your space

To schedule your appointment in my calendar you will be directed to my online scheduling system. You may also schedule directly through me. In order to book your session the payment for your preferred session is due in advance before Taylor will book the session. If you do not wish to pay through the online site, you can send the payment via Paypal (Friends and Family PLEASE to avoid fees) or Venmo:

(eyewalkerelements@gmail.com / @taylor-eyewalker)

Cancellation Policy

The only refund that will be honored is if you book and notify by email to cancel your session within 12 hours of the initial booking. You will be refunded the session price minus the online systems processing fees. Otherwise, No exceptions, No refunds.

The session payments are non-refundable and non-transferable. You may reschedule your session with me 48 hours in advance if needed.

*If you cancel any session less than 48hrs prior to your session, there are no exchanges for your treatment, you will no longer be able to use this session.

If you need to change your appointment, I give a 48 hour grace period to change your session date within a 28 day period. If you do not reschedule within 28 days, you will lose your session with me. No exceptions.

Preparation for Ceremony

For your ceremony all you need to have prepared is your own water. (**Not** artificially alkalized or high alkaline, **not** distilled)

It's important to stay off salt and all solid foods (Herbal teas and water are fine, no coffee or caffeine) for 8- 12 hours beforehand and alcohol and recreational drugs, even cannabis for 24-48 hours before and afterwards if possible. Wear comfortable clothing, layers are best and remove tight or restrictive jewelry beforehand. Please have with you a cushion, blanket/shawl and pillow for resting afterwards.

MINIMAL water intake and herbal tea in the morning, VERY IMPORTANT, not more than one or two cups. No Caffeine please. Too much water (more than a gallon within the treatment) will mess with your sodium and electrolyte balance and bears the risk of hyponatremia! Not to be taken lightly.

If you're sitting for an afternoon or evening session you may have a light smoothie, green juice or broth in the morning with water. Please no solid food! You're asked to discontinue all liquids 5 hours before your ceremony time. You may also choose to fast the entire day, that is up to you.

You will be told when to start drinking half gallon of water or caisuma (traditional Amazonia beverage) (approx. 15 min's before the medicine gets applied and a little bit more during the treatment) If you start drinking too early part of it gets reabsorbed and won't be useful for the purging process. Please bring about a gallon of water (NO distilled water, kangen, reverse osmosis or high alkaline water!!!) with you and please be well rested. Give yourself some time to rest after the treatment when you go home. Even if you're one of those people who feels an instant energy boost and feels like running a marathon right away, kindly refrain!

Aftercare

Please try to eat as healthy as possible the days after Kambo to keep the effect of the medicine longer in your body and continue with the detox process. For more effectiveness avoid sugar if possible, too spicy or greasy food, red meat, alcohol, tobacco and marijuana.

(Please at least don't smoke or take cannabis the day you're receiving Kambo, 24 hrs before and after are even better) Do not use soap on the burn marks for at least a day and keep them as dry as possible. No oils, ointments and no Neosporin. Dragon's blood will be applied on the burn marks after the treatment and will help with the scarring and prevent them from getting infected. Dragon's blood will help them heal up to 10 times faster. (You can also order your own from the internet if you want to use it for several days). Showering with water is fine, but please **don't** use the sauna or spa, or a sweat lodge the same day. (If you've had a very intense Kambo treatment, wait an extra day)

Please stay free of having any expectations, only arrive with intention and openness. Your experience is unique to you, it will not be like anyone else's, therefore coming with the trust and knowing that you will get exactly what you need is the best thing you can hope for.

Much Love and I am grateful to work with you!

Day of Kambo Checklist

- I have fully read the contraindications and cautions list.
- I have alerted my practitioner to any medications or recreational drugs I am currently taking or have taken in the past three months.
- I have fasted for 8-12 hours before the treatment.
- I have refrained from drinking more than a cup or two of water at least 5 hours before the treatment.
- I have 3 liters of purified water (not high alkaline or distilled) with me for drinking during the treatment under the direction of the practitioner.
- I have considered intentions I would like to focus on.
- I have my yoga mat + comfortable pillow and blankets that I have brought to the ceremony space. I have also prepared layers of clothing to wear and take off. ***VERY IMPORTANT
- I have stopped taking my herbal supplements 24hrs prior to receiving Kambo.
- I have stopped taking 5HTP, Serotonin and Melatonin supplements 5 days prior to Kambo ceremony.
- I have notified Taylor if I have taken the Covid-19 Vaccine.
- I have stopped taking my prescription medication the night before my Kambo ceremony.
- I am fully aware of the cancellation policy. (PLEASE REVIEW DOCUMENTS)

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