

Kambo is known as “the vaccine of the forest” and is one of the most powerful, natural antibiotics and anesthetics found in the world. It is one of the strongest ways to empower our immune systems.

What is Kambo?

Kambo is the name given to the waxy, poisonous secretion of a tree frog that is used by the indigenous tribes to heal and strengthen the body, mind and spirit. The scientific name for this frog is Phyllomedusa bicolor or “Two-Colored Leaf Guardian.” It is also known as the “Giant Green Monkey Tree Frog.” This frog lives in the northwestern part of the Amazon Rainforest where the natives use it to gain strength, immunity, cure illnesses, aid in “hunting magic” and also to get rid of “panema” (bad luck). Kambo is legal in the United States, as well as all other countries, and is not a hallucinogenic. It is, however, a deep cleansing therapy – physically, emotionally and mentally. It is one of the world’s most effective and natural antibiotics and immune system boosters. It detoxifies the liver and intestines, improves mental functioning, and has the potential to dissolve emotional blocks. It also helps to reset our cellular memory.

The tribes also use it to ward off the enemy, to rid one of laziness, lack of desire, sadness, mental, spiritual and physical weakness, low self-esteem and disharmony with nature. In the Amazon Rainforest, this medicine is known to bring happiness to those who take it, to bring luck, and to unblock and circulate the heart chakra among many other benefits.

“Kambô circulates in the heart. When we take Kambô, it makes the heart move accurately so that things flow, bringing good things to the person. It’s as if there was a cloud on the person, preventing the good things to come; then, when they take the Kambô, it becomes a *green light* which opens the way, making things easier.” – Kaxinawá Kambô shaman

Benefits of Kambo

Scientific studies show that Phyllomedusa bicolor poison is made up of many peptides that are beneficial to the human body. Some of these peptides traverse the blood-brain barrier and stimulate the endocrine glands of the brain, resulting in an immune effect and a deep cleanse of the body. Kambo has antibiotic properties and strengthens the immune system, while

physically destroying pathogenic microorganisms. Kambo is traditionally known to be anti-inflammatory, to relieve joint pain, to heal eyesight, and to ease pain. Kambo peptides, and their effects, are reported to cover a wide range of potential medical uses: treatment of brain diseases such as Alzheimer's and Parkinson's, depression, migraines, blood circulation problems, vascular insufficiency, organ diseases, skin and eyes issues, cancer, fertility problems in women, AIDS, candida, hepatitis, herpes, and more.

The short-term effects of receiving a treatment can be enhanced resistance to tiredness, hunger and thirst, enhanced state of alertness, capacity to focus and still the mind. These effects can last for days or weeks. Long-term, Kambo will strengthen and empower the immune system, help overcome fatigue and increase overall well-being. People that regularly take the vaccine very rarely get sick and have a lot of energy.

Kambo contains a number of active compounds (which are all peptides):

- **Dermorphin — a potent mu-opioid receptor agonist.**
- **Deltorphin — a very potent delta-opioid receptor agonist.**
- **Phyllomedusin — a tachykinin which affects the salivary glands, tear ducts, intestines, and bowels; it contracts the smooth muscles, and contributes to violent purging.**
- **Phyllokinin (and phyllomedusin) — potent blood vessel dilators that also increase the permeability of the blood-brain barrier.**
- **Phyllocaerulein — which stimulates the adrenal cortex and the pituitary gland, causes a fall in blood pressure, causes tachycardia, and has a potent action on the gastrointestinal smooth muscle, and stimulates gastric, biliary and pancreatic secretions.**
- **Sauvagine — which stimulates the adrenal cortex, causes a long-lasting fall in blood pressure, and causes intense tachycardia.**
- **Adenoregulin — acts on the adenosine receptors.**
- **Dermaseptin — a potent antimicrobial for both Gram-positive and Gram-negative bacteria, and antiviral for herpes simplex virus.**

Scientific research has identified the peptides dermorphin and deltorphin in kambo as potent opioid peptides. Opioids are pain killers and opioid peptides bind to receptors on human cells which trigger a pain masking

response. Dermorphin and deltorphin are amazingly 4000 times stronger than morphine and 40 times stronger than b-endorphins which is the body's natural pain killer.

“Venoms are the source of 20 medications (on the market) for heart attack, heart failure, high blood pressure, diabetes, cancer and HIV pain!” – Dr. Zoltan Takacs, Scientist

20 Medicines from Animal Venoms

“What makes venom so deadly also makes it ideal template for drugs – currently treating and saving the lives of millions each year. Toxins in venoms evolved to immobilize and kill prey and predator. With extreme precision, toxins aim for targets controlling vital mechanisms like nerve-to-muscle signaling, blood circulation, or coagulation. Often, the very same targets are implicated in diseases. Thus, having control of those targets with toxins or toxin-derived molecules have a therapeutic effect. Venoms are the source of 20 medications for heart attack, heart failure, high blood pressure, diabetes, cancer and HIV pain. Several more toxin drug-leads are in clinical trials.” – Dr. Zoltan Takacs

How is Kambo Harvested

The Kambo I use is harvested by the Matses tribe. The Matses live along the Javari River in the Upper Amazon, along the border of Brazil and Peru, where the frogs are plentiful. It is carefully and ethically harvested; the frogs are not harmed during the process. The frogs are located in 70-100 ft. trees near the Igarapés (rainforest waterways) where they gather to sing and announce the rain. They are generally harvested at dawn by the Matses who locate them by singing and imitating their songs. The frogs are very passive and do not react when picked up because they have no known predators. They are carefully tied by each leg with Palia (straw) strips into an “X” shape. Sometimes a shaman will massage the toes to encourage the secretion which is then carefully scraped off and left to dry on small sticks. The frogs are “milked” at appropriately-spaced intervals, so they never need to be poked or “smoked” in order to stimulate secretion. They are then released and return to their habitat unharmed. The Palia leaves 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. They are always treated with utmost care and respect, as the Matses believe that to harm the frog will anger the animal spirits that they reside along with in the jungle. They have a deep respect and love for them, knowing they are our teachers and healers. Kambo collected in this way is considered 100% ethically harvested. The funds they raise are shared among the 14 communities (approximately 3,200 Matses) residing on their extensive homeland. This Kambo is clean, always fresh, and only the first secretions, which are stronger, are utilized. The frogs are also then left with sufficient secretion to defend themselves from predators. Every stick is properly wrapped and stored. You can always be sure that I only use the very best, ethically harvested, medicine.

When to Use Kambo

The indigenous tribes say the main reason to receive the natural vaccine is to remove 'Panema' which is the thick cloud of haziness that sits on top of the energy field of a person. 'Panema' can also be translated as bad luck, laziness, depression, or confusion. It is the state of being that attracts discomfort and disease. Kambo is said to remove 'Panema' and bring the person back to his/her natural state of perfect harmony and highest physical, emotional and spiritual potential, reconnecting one to self. According to the tribes, when nothing is going right in your life, it is the right moment to take Kambo.

As well as this energetic clearing effect, Kambo has potent physical benefits also. Kambo is used as a traditional shamanic medicine to gain strength, maintain or regain health, and to provide immunity. The tribes, often times, apply it before hunting, in order to increase strength, improve vision and lend the hunters a 'magical' ability to locate prey. It is also used to cleanse the body of just about any illness, such as headaches, allergies, thyroid problems, arthritis, infections, addiction to pharmaceuticals, drugs, nicotine, alcohol, and so on. The tribes also use it for rainforest specific issues, such as malaria and snake and spider bites.

Traditional Caboclo recommendation is to receive a full 3 applications of Kambo within one moon cycle (28 days) in order to achieve the full potential and for longer beneficial effects.

History of Kambo

There is a legend that tells that the Natives of the village were very ill and the Shaman, Kampu, had done everything that was possible to cure them. All medicinal herbs known were used but none helped his people's agony. Kampu then entered the forest and, under the effect of Ayahuasca, received the visit of the Great God. He brought in His hands a frog, from which He took a white secretion, and taught Kampu how to apply. Returning to the tribe and following the guidelines that he had received, the Shaman, Kampu, was able to cure his people. After Kampu's death, it is believed that his spirit has started living in the frog and the indigenous began to use its secretion to stay active and healthy – from Kambô, The Spirit of the Shaman.

How is Kambo Administered?

The medicine is applied to the skin after small superficial burns are made with a red hot ember vine stick (similar to incense). Only the top layer of the skin is gently burned. These are called points or gates. Traditionally, the points are placed on the lower right leg for women, and men usually have their points placed on their upper left arm. There are no right or wrong places for the point placements, so it is a good idea to think about where you would like them ahead of time. Please keep in mind that the area chosen must not be disturbed during treatment, as the medicine must remain where it is placed to be effective. The amount of points used depends on the number of times that the person has already received treatment, the reason for the application, physical condition, and overall assessment by the practitioner based on her/his knowledge.

What to Expect During Your Kambo Experience

A typical Kambo group ceremony lasts 3-4 hours (private sessions last about 2 hours). The time spent in the peak of the cleansing and purgative process can be as short as 10 minutes and as long as a couple of hours. Kambo is a very physical experience which involves a feeling of heat in the body usually followed by vomiting and sometimes evacuating from the intestines as the body purges toxins from the various organs. Once the Kambo is applied to the skin, it enters the body via the lymphatic system. A feeling of warmth immediately follows. The face, skin and core of the body will feel a heat within. The heart will beat slightly faster. Blood pressure will fall slightly. Relax into the experience. It is helpful to work with the breath: Inhale and receive the medicine with love and trust, exhale and surrender. It is a

common experience that the throat will gently swell. This is normal. It will not swell shut. The face may also swell. Simply relax into the sensations and allow the ally of the Kambo Spirit to purify and fortify you. After a few minutes or more, you may feel like you have to purge. You will have a bucket handy and you will purge into the bucket. You may also need to go to the bathroom. You will be assisted to do so. After your purge, the Kambo dots will be removed from your body and the major part of your cleanse is over. The mind is often made quite clear and focused and some say they receive specific messages. Kambo works mostly to purge the body of toxins, heaviness, and dullness of body and spirit. The benefits that many report usually come in the days and weeks that follow. Many people report feeling very peaceful immediately after the treatment and often the next day one feels amazing.

Contraindications

Kambo has no known detrimental side effects, so when it is responsibly administered, it is completely safe. There are some people who should not take it; generally, it is not for you if you have, or have had in the past, any of the following conditions (This is not an exhaustive list):

- **Stroke.**
- **Heart bypass surgery.**
- **Enlarged heart.**
- **Implanted cardioverter defibrillators.**
- **Congestive heart disease.**
- **Excess fluid in the heart sack.**
- **Heart valve replacement surgery.**
- **Organ transplant.**
- **Aneurism.**
- **Active ulcers.**
- **Addison's Disease.**
- **Crohn's Disease/Irritable Bowel Syndrome (IBS).**
- **Brain hemorrhage.**
- **Blood clots.**
- **Epilepsy.**
- **Serious mental health conditions, excluding depression, PTSD and anxiety.**
- **Lack the mental capacity to decide to take Kambo.**

- Seriously low blood pressure that requires medication.
- Anyone recovering from a major surgical procedure.
- Pregnant or breastfeeding women with babies under 1-year old.
- Within 21 days of giving birth.
- Under 18 years of age.
- Chemotherapy or radiation treatments of less than 6 weeks prior or 6 weeks afterwards.

** If you are asthmatic, be sure to bring your inhaler with you.*

**Diabetics need to bring insulin, testing strips, and food.*

Cautions

- People taking dieting or sleeping supplements.
- Active drug or alcohol addiction.
- Do not fast for 7 days before or after taking Kambo.
- Colonics, enemas, liver flushes, or any water-based detox should be avoided within 3 days before and after taking Kambo. **THIS IS NOT TO BE CONFUSED WITH THE WATER ONLY FASTING YOU WILL DO 10-12-HOURS PRIOR TO YOUR SESSION (you can have water, but not excessively, during this time).** You will be instructed by me to drink 2-liters of water about 10-20 minutes before I place the Kambo on. It is **STRONGLY ADVISED** that you do not drink more than 5 liters of water during your treatment, including 2 hours before and after.
- Do not consume alcohol or other recreational substances 24-48 hours before or after your treatment.
- During menstruation (Women on their period are more comfortable if they avoid Kambo. It can increase bleeding, and it can often cause lightheadedness and sometimes even fainting).

The Spiritual Power of Kambo

On a spiritual level, Kambo helps to integrate our mind with our heart and re-align our chakras. It is also believed that it assists us in raising our prayers to “The Great Spirit” and is a multi-dimensional healer.

In the shamanic worldview, we gain assistance from plant and animal spirit allies. In the case of Kambo, we are allying with the Spirit of a Frog that has a very strong immunity to predators. Some believe the Spirit of *Phyllomedusa bicolor* lends us a similar power of being nearly impervious to predatory energy – physically, mentally and energetically. As the DNA signature of the frog is introduced into our body, its Spirit gifts us with

the power to cast off parasitic energies that prey on body, mind and spirit. Once free of these energies, it is common to see natural health returned. Synchronicities and good luck are also a common effect after Kambo. Many people report having synchronistic visitations by frogs in the days just before or after receiving Kambo.

Kambo's Natural Intelligence

Kambo works with your intention and what is most needed in the moment. Upon receiving it, the medicine scans your body and goes where it's most needed. Working with the Frog Spirit is a very personal relationship and will vary every time, depending upon your intention and what the spirit is calling for.

Preparing for Your Kambo Cleanse

The Days Before (2-3 prior): Eat as wholesome as possible in the days leading up to your Kambo ceremony. Diminish or eliminate fried, heavy, over-processed and spicy food, alcohol, and other recreational drugs. Drink plenty of water so that your tissues are hydrated. Adding electrolytes (non-sugar) and liquid minerals to your water will help prepare your body. **NO COLONICS, ENEMAS, LIVER FLUSHES, OR WATER FASTING* WITHIN 3 DAYS (BEFORE AND AFTER) OF TAKING KAMBO.**

***With the exception of the 10-12 hours you will fast, drinking only water, before your Kambo treatment.**

Do not eat anything for 10-12 hours before ceremony.

Day of Ceremony: The day of the ceremony you will fast from food. You should not have eaten for 10-12 hours prior. You are permitted to drink water during the 12-hour fast but not excessively. Set your intentions.

During: Meditating with the breath is the best preparation for a Kambo ceremony. Breathe and invite the spirit of the medicine into you, exhale and surrender your ego, your weight, your toxicity. Breathe in and soften to the medicine, breathe out and let go.

After Care of Burn Points

When the points begin to heal, try not to remove the scabs or scratch, as this might lead to longer-term or permanent scarring. I will apply dragon's blood to the points which will act as protection like a bandage.

Try to keep the area dry, except for bathing/showering. Keep abrasive clothing fabrics away from the area for about one week. The small burns will usually heal and fade with time, though it is important to understand that some types of skin will continue to show small dots months later. Many people see their Kambo scars as a badge of honor for going through this warrior medicine.