

# Universal Kambo Alliance

## **Kambo Waiver of Liability**

Information you will need to know and consider for your participation in the upcoming Kambo ceremony.

Personal Recommendations: Please be completely honest with your Practitioner. By making a full disclosure of any medications or medical conditions (not listed below) that you may have so we can protect both yourself and the practitioner.

Please take the time to share and to let the practitioner know of your special needs prior to the ceremony.

You are giving us consent to brand small burns in to your skin and care for them (dragons blood or aloe) after to avoid infection.

## **Diet Preparation-Day Before and day of**

Make sure you do not have anything to eat for a minimum of 10-12 hours before taking Kambo.

You cannot consume alcohol, medications or recreational drugs for 72 hours before or after the ceremony.

It's best to avoid cannabis the morning of and if possible the night before the treatment.

It's important to have nothing but water the morning you will be receiving Kambo and avoid supplements for 48 hours after.

You Can Drink 2 liters of fresh room temperature spring water/ non-alkaline that includes no use of lemon, limes or anything else.

This water will be consumed the morning of (20 minutes before) and during the application of the medicine.

It's best not to exceed 2 liters before or during the ceremony as this can cause de-salination and dilute electrolytes.

It is suggested that the day before the session you eat light and fresh steamed veggies, soups, fruits, quinoa, legumes, avocados and avoid spicy foods. Also avoid excessive salt and a lot of sugar, heavy starches, very oily, processed, or fatty foods if possible. Some like to avoid meat, chicken or fish the day of

treatment and a few days after.

We suggest you eat rice, avocados, steamed or fresh greens, yuca, coconut water and coconut meat.

Have light meals, fruit, salads and soups. In tribal culture they avoid salty, sweet, spicy, sour and oily foods.

Small amounts of raw oils are ok.

Allow yourself 2 to 3 hours for treatment and recovery, ideally having the rest of the day off from work or stressful obligations.

You should wear comfortable clothing and in layers (sleeveless shirts preferable) to make it is easy to apply the medicine.

Due to change in temperatures of your body during the course of the experience it's best to have a sweater or long sleeved shirt ready for after when some cold can set in.

### **Exceptions and Contraindications**

Kambo has no known detrimental side effects and when it is responsibly administered it is completely safe. There are very few people who cannot take it, but this is not an exhaustive list so please let us know beforehand if you have serious health problems.

Treatment cannot be given to those who are or have had:

1. Breastfeeding a child under 1 year (if mother pumps enough breast milk for a day it's ok)
2. Serious heart conditions including pacemaker, valve disease, bypass surgery and enlarged heart
3. Blood clots
4. Addison's disease
5. Extremely high or low blood pressure that is controlled by medication
6. Stroke, Aneurysm or Bleeding in the brain

7. Serious Mental Health conditions or those who lack the ability to make decisions
8. Organ transplant surgery
9. Anyone under 18
10. Anyone who is fasting or about to embark on one
11. Menses- Women on their period are more comfortable if they avoid Kambo but in some cases it's ok. The Kambo medicine tends to rush upwards to the head (opposing the downward flow of the menses) and it can often cause lightheadedness and sometimes even fainting. If you are menstruating at the time of treatment, Kambo may well cause the flow to increase for 24 hours because it contains powerful Vasodilators.  
\*For women who want to receive it on their cycle it's best to avoid the days of heavy bleeding.\*
12. If you are Asthmatic, ensure that you have your inhaler with you.
13. If you are Diabetic, it's important to discuss your treatment in advance and always have blood sugar meter and insulin.
14. You must inform us if you have ever or are currently suffering from a mental health condition, regardless of whether or not you are taking medication. The main exception to this rule is depression. In most cases it is usually completely safe for you to continue taking your normal medication and supplements (72 hours before and 24 hours after if absolutely necessary) but please discuss this with the Kambo practitioner and health care provider beforehand.  
\*SSRI's must be avoided for a minimum of two weeks before.\*
15. Pregnant women.

### **Other healing medicinal treatments**

To cleanse the energetic field and help with the purge process we may use Hapé (optional tobacco snuff) in order to engage in meditation with oneself, or help the client return to a grounded state if administered after. One may also receive Sananga (Eye

Drops made from the Roots and bark of the Tabernaemontana Undulata Shrub) It is a Sacred and Potent Medicine used for healing physical and spiritual ailments by clearing the mind of distractive energies. It also heals and treats problems of the eyes, clears Panema (misfortune), expands your night and spiritual vision as well as enhances awareness ([You can read more about Rapé and Sananga online](#))

Also note Kambo is safe, legal and there are no psychoactive compounds in this frog medicine.

For more info and understanding please visit my site at [www.universalkamboalliance.com](http://www.universalkamboalliance.com)

Or you can call or email me at \_\_\_\_\_  
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Print Full Legal Name  
Date

Signature