



### What is kambo?

Kambo is a secretion from one of the largest Hylid frogs known as the Giant Monkey Tree Frog, its scientific name is the *Phyllomedusa Bicolor*. The secretion is not a sweat nor a poison in the sense that it alone is not capable of causing death or illness. In the Amazon, it is regarded as a medicine however this should not be confused with the western definition of a medicine.

The frog is nocturnal and arboreal and due to the fact that it has no natural predators is found in abundance across the Upper Amazon rainforest areas of Bolivia, Brazil, Colombia, Peru, French Guiana, Suriname and Venezuela. The IUCN database continually lists them in the 'Least Concern' category in view of their wide distribution and large population. The only known threats to this species of frog at the moment are spawn predation and the potential destruction of their habitat. They are large frogs, the male bodies being between 9-10 cm and the females 11-12cm. The dorsum is a vibrant green and the belly a creamy white. They have dark spots on the chest, flank and legs. Reproduction occurs throughout the year, peaking between November and May. They construct hanging nests from folded leaves 1-3 meters above ponds and streams. The females deposit a gelatinous mass containing their eggs into these nests. This is the largest spawn found amongst arboreal frogs of the Amazon. A single spawn contains on average 1000 eggs from which tadpoles emerge within 11-14 days. No one is 100% certain what the catalyst for producing the secretion is but it is widely believed to be sequestered from their diet. This is why the frogs do not produce their secretion when they are removed from their natural environment.

Indigenous tribes such as the Matsigenka of Peru sing to the frogs at dawn to call them down from the trees. The frogs are then gently tied to four sticks in the ground, spreading them out into an "X". The tribespeople believe that the frog has a spirit that would be angered if they were to harm it, so they carefully handle each frog with respect. It is also believed that the frog will not cooperate in providing its secretion if the person's intentions are not pure. Once tied to the

stakes the frog will begin to excrete; this initial secretion will be scraped off and applied to a small wooden plank before the frog is released. The strings leave a small white line on each leg which indicates that the particular frog should not be milked again until the line has faded two to three months. This process does not drain the frog of its natural defense and ensures that only the strongest secretion is applied to the stick. A finished kambo stick will contain the initial secretion of 5-6 frogs. Kambo harvested in this way is considered 100% ethical and poses no harm to the frogs. This species of frog has no natural predators, and is not at all endangered. The only thing that puts it at risk is the destruction of the Amazon Rainforest, its natural habitat. (1)

### **The origins of kambo:**

Each tribe has its own legend or story about how they came to use Kambo. The most prevalent legend comes from Brazil...

This Kaxinawá legend tells that the tribespeople were very ill and their medicine man (Pajé in Brazil) had done everything that was possible to cure them. All medicinal herbs known were used, but none helped.

Under the effect of sacred plant medicines, he entered the forest and it was there where he received a visit from a female spirit of the forest.

She brought in her hands a frog, from which she took a white secretion, and taught the Pajé how to apply it. Returning to the tribe and following the guidelines he had received, the Pajé was able to cure his brothers and sisters. From then on he was known as Pajé Kampu or Kampum.

After his death, his spirit lived on in the frog, where it continued its mission to protect the health of those who defend the forest. The secretion became known as Kambo but in some tribes it is called Sapo, Dow-Kiet, Kampu or Vacina da Floresta.

Usage spread, and for thousands of years, Kambo has been used as medicine by the Kaxinawá people, and by many other indigenous groups including the Amahuaca, Katukina, Kulina, Yawanawá, Matses, Marubo and Mayoruna. It is still used widely amongst indigenous people in the Amazon to this day.

The first observations of Kambo use were made by a French priest, Father Constantin Tastevin in 1925 whilst he was staying with the Kaxinawá tribe in the upper Juruá River in Brazil. In the 1980's an American Anthropologist, Katherine Milton described Kambo use among the

Mayoruna tribe in Brazil and in the 1980s Peter Gorman wrote about his experiences taking Kambo with the Matses tribe in Peru.

During the 1990's, rubber tappers in Brazil learned about Kambo from the Amazon Indians. They began to take it out into the towns of Acre and apply it themselves. Having spent several years living with the Katukina, Francisco Gomes from Cruzeiro de Sol was one of the first people to pioneer the use of Kambo outside the Amazon. The practice spread and soon people in the larger cities of Brazil were using Kambo.

In 2004, ANVISA, the Agência Nacional de Vigilância Sanitária in Brazil prohibited any advertising of the medicinal and therapeutic benefits of Kambo. This was in response to representation made to the Brazilian government by the Katukina people with regard to intellectual property rights. Aside from this restriction, Kambo is legal everywhere in the world. (1)

### **Kambo science:**

An Italian scientist, Vittorio Erspamer of the University of Rome was the first person to analyze Kambo in a laboratory. In 1986, he wrote that it contains a 'fantastic chemical cocktail with potential medical applications, unequaled by any other amphibian'.

The chemicals he referred to are peptides. The peptides studied by Erspamer have become essential to characterize the functional role of opioid receptors. He was twice nominated for a Nobel Prize and was also the person who first discovered Serotonin. Sixteen peptides have since been isolated from the secretion and several have been synthesized. Currently there are over 70 Kambo patents lodged, mainly in the USA.

The popularity and use of Kambo as a natural support to healing is spreading worldwide. As the scientific research into the secretion of the Phyllomedusa Bicolor grows, skilled practitioners are also developing new ways to work with this powerful substance from the Amazonian Rainforest, which allows it to be accessible to almost everyone in a safe and manageable way.

Not only do we now have a number of different traditional ways to take Kambo but we can also work with the Meridians, the Chakras, Nadis and Marma Points and even the ears – Auricular Kambo. Added to this, there are also new techniques to allow people to take Kambo in a way that is gentler on their system but still allows them to receive the maximum benefits. (1)

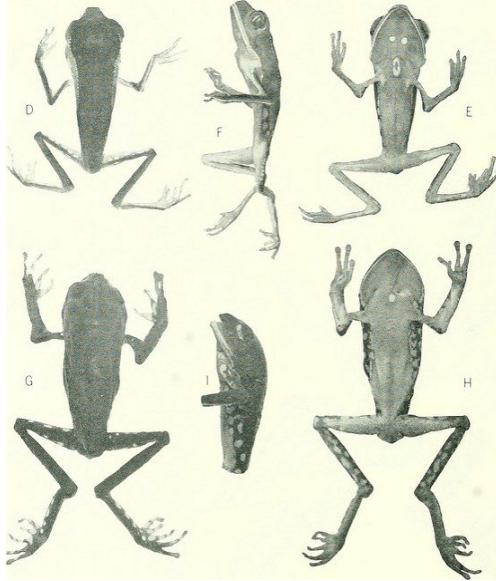


Image from page 629 of “Bulletin - United States National Museum” (1877)

### **What to expect during a treatment:**

Kambo is intense but fast. The unpleasant effects are strong and immediate but over within 30 – 40 minutes. The intensity often subsides after the first 10-15 minutes, and I have even worked with clients who have found the overall kambo experience to be pleasurable and enjoyable. Everyone’s body will react differently depending on your intentions and what your body needs.

The top thin layer of skin is blistered with a hot stick (timishi vine) and the very thin first layer of skin is peeled off to expose the epidermis underneath – this is similar to when you have a blister or a peeling sunburn 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. We refer to these small breaks in the skin as ‘gates’. There are several determining factors in deciding how many gates you will receive, and I will work with you to become clear on this.

The dried Kambo is mixed with a small amount of water and divided into small dots. These dots of Kambo, called points, are placed onto the gates. The points are approximately 1/8” across but can be smaller or slightly larger depending on the treatment.

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, snort it or to introduce it into the bloodstream directly.

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 slightly dizzy, foggy, experience chills and shaking, or feel lightheaded.

Some people may have swollen lips or face and slight skin tingling. The Kambo will be racing around your body, scanning it for areas that require healing and then going directly to work on those areas. You may experience a throbbing or burning sensation in those areas for a short while. Some people may feel some abdominal discomfort and need to defecate. Any puffiness in the face is temporary and will go down not long after the medicine is removed from your skin.

As the Kambo cleanses the body, you will purge most likely in the form of vomiting but purging can also look like going to the bathroom, crying as emotion moves through the body and/or shaking.. 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 within 30 min - an hour, you will feel revitalized and can have a light snack to ground and nourish yourself. Within a day or so, depending on your state of health, you will start to feel the real benefits. (1)

### **Kambo may aid in supporting the healing of (3):**

- Anxiety
- Depression
- Migraines
- Vascular insufficiency and blood circulations issues (such as Raynaud's Syndrome)
- Organ diseases
- Cancer
- Infertility
- Deeply stored toxins
- Chronic pain
- Addiction to opiate or prescription painkillers (kambo reduces physical pain, thus helping to kick addiction to painkillers)
- Infections
- Negative energies in the body or "panema"
- Lyme disease
- Malaria
- Fever

- HIV-1
- HSV-1
- Candida
- Alzheimer's and Parkinson's Disease
- Cataracts
- Psoriasis and other skin conditions

**Post kambo benefits may include (2):**

- Rapid synchronistic transformation
- Improved mood and reduced anxiety
- Pain relief
- Lowered blood pressure
- Heart protective properties
- Anti-microbial properties
- Increased stamina, strength and physical endurance
- Heightened senses and psychic abilities
- Mental clarity and focus
- Happiness, positivity, joy and calming
- Increased compassion and courage
- Reduced frustration and anger
- Understanding and acceptance
- Overall health and well-being
- A deeper connection to self, Spirit and the natural world

**Contraindications:**

Kambo is very safe when administered by a properly trained and initiated practitioner. However, kambo would be contraindicated if you...

- Have serious heart problems or have had heart surgery. This includes a Pacemaker but excludes Stents
- Have had a stroke or a brain hemorrhage/aneurysm
- Have an aneurism or blood clot
- Are on any medication for blood pressure

- Have heart disease, including but not limited to: heart bypass surgery, enlarged heart, implanted cardioverter defibrillators, pericardial effusion, congestive heart disease, excess fluid in the heart sac, heart valve replacement surgery
- Have had an organ transplant or are taking immunosuppressants or diuretics
- Have received chemotherapy or radiotherapy within the past year
- Are recovering from a major surgical procedure or currently have internal stitches
- Are on medication for low blood pressure (high blood pressure is usually fine)
- Lack the mental capacity to make the decision to take kambo, including being coerced by a friend, family member or partner
- Have serious mental health problems, excluding depression, PTSD, addiction and anxiety (it is great for these conditions)
- Are undergoing chemotherapy, radiotherapy or have done so within the last 4 weeks
- Take immune-suppressants after organ transplant
- Have Addison's Disease
- Have current and severe epilepsy
- Are recovering from a major surgical procedure
- Are under 18 years of age
- Have certain types of EDs (varies case by case, please consult me if this is something you are moving through)
- Are pregnant or maybe so or are breast-feeding a child under 6 months old
- Have taken Bufo (5-meo DMT) within the past month
- Are desperate for a solution to a life-threatening condition
- Have current or severe epilepsy
- Have received an enema or colon hydrotherapy within three days prior to your kambo treatment
- Show a lack of respect for the medicine of kambo or the ceremonial process (ex: bucket list item)
- Are unable to discontinue taking any life-supporting medications or take part in a pre kambo detox at least 48-72 hours prior to treatment
- Have consumed any other strong medicines 24 hours prior to treatment (san pedro, peyote, mushrooms, ayahuasca) unless otherwise specified by a professional guide or shaman. This varies case by case, please consult me for more info

**Kambo dieta + pre-ceremony required protocols:**

- Fast for 8-12 hours before ceremony, only water is allowed and some types of herbal tea are ok if your body needs the minerals. You must not eat before the ceremony, most ceremonies are held in the morning for this reason.
- Detox from all animal products to the best of your ability (meat, seafood, eggs, dairy), refined sugar, alcohol, drugs, caffeine, drug, tobacco, cannabis, pharmaceuticals, alternative medicines and medications for at least 3 days prior to your kambo ceremony. 7 days before and after is standard, but 3 days before and after is also suitable.
- \*Please note\* although intermittent fasting is essential for 8-12 hours prior to your kambo ceremony, full water fasting, dry fasting or other forms of liquid fasting are not recommended for ongoing periods before and after ceremony and can be potentially unsafe while working with kambo.

**\*Please note that rates are subject to an added travel fee if I am traveling to you.**

1 private ceremony \$222

3 day full kambo cleanse \$555

1 group ceremony \$188 (2-4 people, price per person)

3 day group ceremony \$388 (price per person)

Sources:

1. <https://iakp.org>
2. [The Benefits of Kambo](#)
3. [Kambo for Cancer, Psoriasis, HIV, Infertility, Cataracts, Depression, Dementia, and Addictions](#)