

Kambo

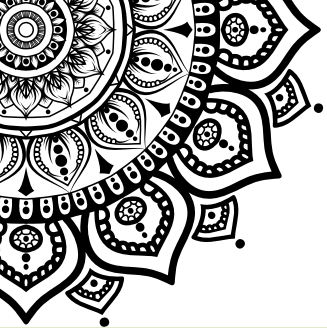
Phyllomedusa bicolor



Back to life with Kambo.

**Gain health,
be full of energy
and confidence.**





Welcome to Kambo with Martin

I am a qualified and certified Kambo practitioner and members of the International Association of KamboPractitioners (I.A.K.P.).



Kambo is a very powerful natural medicine that cleanses our body and mind and has been used by primitive peoples for centuries.

You can participate in a ceremony as a couple or make an appointment for an individual treatment. I have based the following advice on my personal experience and on the and advice from teachers from different cultures. In my work with Kambo, the responsible use of the medicine is an important part of the ceremony.

Kambo is a friendly and humorous medicine. The frog spirit comes with the intention and the abilities to help us humans. After a ceremony most people feel noticeably lighter, fresher and full of energy. But Kambo is more than that. With the frog at we begin a journey of constant healing and reconciliation with ourselves and our fellow human beings.

Many of us who live in the western world, can use physical or spiritual healing. Kambo helps to remove all kinds of negative energy from our physical, emotional, energetic and even karmic bodies.

Kambo is a path of personal development.

In the long run, this path strengthens us to take more personal responsibility, gives us more physical strength, greater mental resilience and roots the connections to body, mind and soul in a new way.

Kambo has, among other things, detoxifying, analgesic, antimicrobial, antiviral, blood pressure lowering, sensory enhancing, anti-cancer and performance enhancing.





This document serves the optimal preparation for a Kambo ceremony and contains important information for it. In addition, it provides a lot of interesting and worth knowing information about the Kambo frog, the medicine and the traditional origin of this treatment method.

In preparation for a treatment with me, I ask you to read this document carefully and note down any unanswered questions.

Warmest Regards, Martin



Preparation for a Kambo treatment

When working with Kambo, it is not that we put ourselves in an exclusively passive position and let healing take place over us, as we may be used to as a patient of conventional medicine. Rather, it is that we can positively influence the course and integration of the process.

Deep introspection about our intention for this work puts us in touch with deeper levels within ourselves and prepares us optimally for the treatment. We can enhance the synergetic effects if we meet Kambo with an open attitude, are willing to let go and let ourselves be carried through the process in deep trust.

- at least 48h before and after the treatment it is necessary to abstain from alcohol and other drugs
- 2-3 days before the treatment, if possible, eat light and fresh food. Avoid industrially processed products, salt, sugar and excessively fatty foods as much as possible.
- No fasting cures, hydro-colonic irrigation or enemas up to three days before a Kambo ceremony.

After the treatment, we strongly recommend that you keep your schedule free and provide a pleasant, quiet environment. This allows you to get more deeply involved in the experience. Some feel the frog continuing to work on a more subtle level even after the actual treatment.

Going to bed early and getting enough sleep supports the integration process.



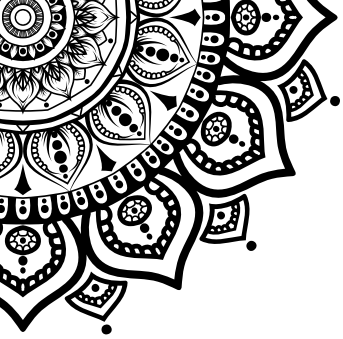


Preparation for the Kambo treatment



- Refrain from eating 8-12 hours before the ceremony. If the treatment takes place in the afternoon or evening, you can have a light breakfast in the form of a smoothie or a banana.
- Drink as little as possible on the day of the ceremony. Preferably nothing at all or just a small sip of water. If you are an athletic person who does a lot of physical activity that causes you to habitually sweat and drink a lot, it is a good idea to reduce that activity in the days leading up to it and supplement your diet with electrolytes or supplements like Gatorade.
- Avoid caffeine 12 - 24 hours before the ceremony.
- Avoid eating citrus fruits.
- Eat a vegetarian or vegan diet with steamed vegetables, quinoa, soups and fresh fruit.
- Avoid eating meat 2-3 days before the ceremony.
- Reduce salt consumption, but do NOT eliminate it from your diet completely.
- Avoid sugar, highly seasoned and refined foods, starchy, fatty and fried foods.
- Alcohol and drugs are prohibited 48 hours before and after the ceremony.
- You will get the best results if you abstain from sex and masturbation 2-3 days before the ceremony.
- If you are heavily addicted to tobacco, at least try to reduce the daily amount of cigarettes. Otherwise, use this experience to encourage yourself with a day of abstinence.
- Dress comfortably and take off tight or restrictive jewelry in advance. If you have long hair, remember to bring a hair clip with you.





Kambo heals our body

For decades pharmaceutical companies have been researching Kambo secretion and trying to produce it artificially, but without success. Kambo works and has the following benefits due to the many bioactive peptides:



Kambo is guaranteed to help and has the following benefits:

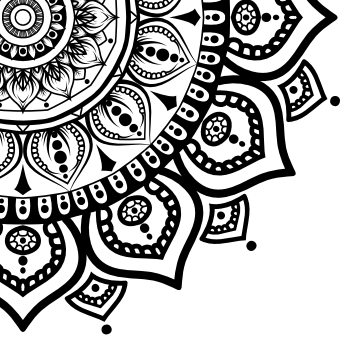
- Significantly strengthens the immune system.
- Remarkably increases resistance to fatigue and concentration.
- Deeply cleanses from toxins.
- Helps fight addictions such as alcohol and all types of drugs.
- Helps overcome depressive states and low physical-mental energy.
- Increases fertility.
- Prevents and treats infections and fungi such as candida.
- Increases concentration and mental clarity.
- Regulates metabolism and hormones.
- Helps heal skin diseases and cures itching.
- Regulates blood pressure.
- Reduces chronic pain.
- Acts on the weak points of the organism.
- Helps with weight loss.
- Increases self-esteem and sexual radiance.
- Aligns the chakras and balances the body.
- Cleanses the aura and karmic energy.
- Prevents cancer.

Due to the ingredients in the secretion, many effects from a scientific point of view on the physical body can be explained conclusively. Due to its holistic effect, however, its potential unfolds on all levels of our being.

Kambo is often called "frog poison", but so far no substance in the secretion of the giant leaf frog could be proven to have a toxic effect on the human body. The vomiting associated with Kambo treatment is triggered by peptides that act on our muscles in the digestive tract. In a BBC documentary, Sir David Attenborough describes the function of the secretion not as a poison, but as a "sunscreen" that protects the frog from the sun's tropical rays.

Kambo does not contain any psychedelic components, does not cause any hallucinations and does not contain any illegal ingredients.





Kambo helps and leads to improvement.

The properties of the peptides cover a wide range of possible applications. Among other things, the treatment of:



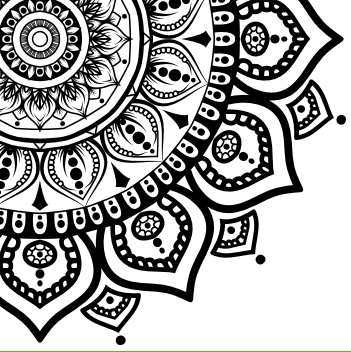
- Migraine
- Alzheimer
- Parkinson
- Hepatitis
- Diabetes
- Hypertension
- Gastrointestinal diseases
- Joint diseases
- Skin diseases
- Rheumatic diseases
- Autoimmune diseases
- Chronic pain conditions
- Lyme disease
- Cancer
- Fertility problems
- Inflammations
- Harmful bacteria, viruses and fungi
- Addictions (alcohol, drugs)



The traditional use of Kambo by indigenous tribes in the Amazon:

- To remove "Panema". Panema means sadness, unhappiness, anger - "bad aura". A person has "Panema" when nothing goes right and nothing goes well. The word Panema is interpreted by Western therapists as depression, or a negative energy that can produce a wide range of illnesses. You can't get going and the world seems to turn against you. It feels like you are enveloped in a dark cloud.
- Before hunting to increase endurance and speed and to "sharpen" the senses.
- As medicine against inflammations, infections, malaria, snake bites, etc. Already the three year old child receive Kambo.
- To increase fertility and potency.
- To regulate menstruation.





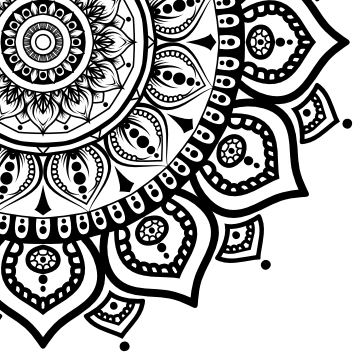
Contraindications of Kambo:



Kambo cannot be applied if:

- You have serious heart health problems.
- You have had a heart attack.
- You have had strokes and brain hemorrhages in the past.
- You have had an aneurysm or blood clot in the past.
- You've had major surgery in the last six months.
- You are taking medication for low blood pressure.
- You have had chemotherapy in the last four weeks.
- You have taken immunosuppressants after an organ transplant.
- You have Addison's disease.
- You suffer from Ehlers-Danlos syndrome.
- You have acute and severe epilepsy.
- You are pregnant or breastfeeding.
- You are mentally incapable of making decisions.
- You are under 18 years old.





The Kambo Frog



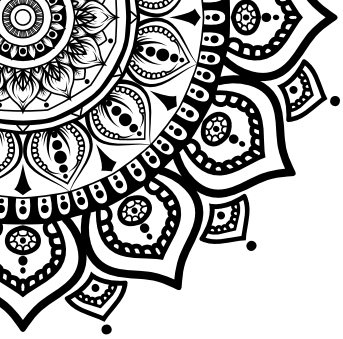
With a body size of up to 12 cm, the nocturnal giant macro frog (lat. *Phyllomedusa bicolor*) is the largest tree frog in South America. Its occurrence extends from Peru and Brazil over Ecuador, Colombia, Venezuela over French. Guyana to Bolivia. It is currently not considered an endangered species and has no natural predators. However, its habitat is in danger of being threatened by the ever increasing encroachment of humans into the rainforests.

Traditionally, the "frog vaccination" (Vacina da Floresta) is mainly used in Brasilia and Peru. Especially among the tribes of the Kaxinawá, Katukina, Yawanawá and the Matsés, Kambo is regularly used.

The frog owes its name to its well-developed fingers, with which it can climb amazingly well, similar to a maki monkey. It lives high up in the treetops of the rainforest and usually only goes near the ground to reproduce.

After successful mating, the females roll up their clutch in leaves above the water. This protects them from enemies and from desiccation. After 8-10 days tadpoles hatch and fall into the water where they grow into frogs.





Kambo and Science

In the mid-1980s, the first scientific laboratory studies of Kambo secretion were conducted by Nobel Prize-nominated pharmacologist Vittorio Erspamer (the discoverer of the brain messenger serotonin).



He succeeded in identifying some of the peptides responsible for the beneficial effects on the human organism. In his opinion, Kambo contained a "fantastic chemical cocktail of potential medicinal benefits, unlike any other known amphibian".

Since then, pharmaceutical companies have also been trying to discover the secret of the frog.

Intensive research has already been conducted to isolate and synthetically produce individual peptides. There are now over 70 patents on synthetic versions of the Kambo ingredients.

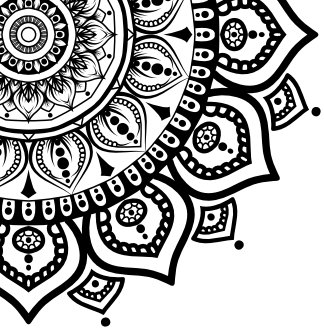
Peptides are short chains of amino acids that perform certain functions in the human body. Insulin, oxytocin, growth hormones, antibiotics and enzymes are examples of peptides in our body. Among other things, they have direct effects on our mood, energy, cognitive abilities, digestion, our blood pressure and blood sugar, and the regulation of the immune system.

Peptides are becoming increasingly important in the medical field due to high specificity and biological activity. Unlike other pharmaceutical agents, they can penetrate deeper into tissues and their metabolic degradation products are usually non-toxic. Peptides have potent effects on gastrointestinal muscles, gastric and pancreatic glands and blood circulation, as well as stimulating the adrenal cortex and pituitary gland.

The following peptides have been identified in frog secretions to date:

**01 Sauvagine 02 Dermorphin 03 Deltorphin 04 Phyllomedusin
05 Phyllokinin 06 Careulein 07 Adenoregulin 08 Tryptophyllin 09 Dermaseptin**

Phyllokinin and phyllomedusin are potent vascular dilators and increase the permeability of the blood-brain barrier. This facilitates access to the brain of these two, as well as other active peptides. Caerulein and sauvagin cause a decrease in blood pressure accompanied by tachycardia (heart palpitations). They stimulate the adrenal cortex and pituitary gland and contribute to heightened sensory perception and increased endurance. Dermorphine and deltorphin are potent opioid peptides, **4000 times more potent than morphine and 40 times more potent than endogenous b-endorphins. Due to the presence of these bioactive peptides, Kambo is one of the most powerful natural antibiotics and one of the most powerful natural ways to boost our immune system.**



Range of treatments

Kambo is a fire medicine. When it combines with the water which is drunk before the treatment, one could say that an alchemical transformation occurs and old toxins are released through vomiting or urgent bowel movements. Since fasting is

done for 10 hours before a treatment, the vomit is only water, and in the best case the bile is emptied. The result is a tremendous immune system boost and blood cleansing; Many bacteria, viruses or parasites do not survive this treatment. The secretion has anti-inflammatory effects, can heal infections and regulate blood pressure. It helps with colds, allergies, stomach problems, migraines, inflammatory and venereal diseases, autoimmune diseases, diabetes, as well as negative feelings, anxiety, depression and stimulates blood circulation.

The progression of cancer should be delayed. Positive effects on rheumatism and other joint diseases are reported.

Another notable effect is the significant increase in physical performance and condition. The need to eat and drink is reduced to a minimum after a Kambo treatment. Due to the laxative effect of Kambo, there is a detoxification of the liver/bile (bitter bile is usually vomited), the intestines (via defecation) and the entire digestive system.

On an energetic level, the inner fire is awakened. Just as the immune system, which has made compromises with many sources of inflammation in the body and does not intervene, receives a waking "Zen hit" from Kambo, an energetic wake-up call also takes place. Through Kambo we can become aware of emotional blockages and negative thought and behavior patterns.

On an emotional level, suppressed feelings often come to the surface and can be processed. Kambo strengthens the will to live, releases bound vitality and thus brings clarity and determination to life issues. Many people report more access to their natural anger and less willingness to compromise with inconsistent life situations after Kambo treatment. The clean-up work also continues on the outside. Kambo can increase our resilience and help with depression, anxiety and lack of drive. Many report mental and emotional clarity, inner peace and determination, often after the first treatment.

With Kambo we have the opportunity to use the full potential of the body to wake up. Restoring an organic balance prevents the occurrence of complaints.





Forms of treatment

Initial treatment takes place first. In this case, the Kambo secretion is applied to the upper arm or lower leg. This can be followed by two further treatments, and this is recommended, so that the healing process that has been set in motion can deepen.

* 3 treatments within a monthly cycle

It is recommended not to leave more than 12 days between each session so that the deepening effect can be experienced.

* 3 treatments in three days or within a week

Every morning on 3 consecutive days or on 3 days within a week. Both variants are recommended for acute illnesses and powerful healing benefits. A so called Kambo Reset.

* 3x3 Warrior Initiation

3 treatments within 3 hours. This form of treatment allows Kambo to work in deeper layers and the effect increases significantly. When patterns are very fixed and ingrained, this treatment can lead to a breakthrough on all levels. This process is extremely intense and is only suitable for people who have received Kambo more than 8 times.

* Kambo Chakras Treatment

With the Kambo Chakra treatment you can specifically target certain diseases. Because each chakra represents specific energy points and organs in the body. Before you get a chakra treatment, you have to undergo at least 2 Kambo basic treatments. Of the 7 chakras, 5 chakras can be treated. The third eye chakra and the crown chakra cannot be nourished. In order to achieve good results, several chakras are often treated at the same time.

01 Root Chakra:

Our basis for feeling safe, secure and grounded. - FEAR

Emotional problems:

Survival issues such as financial independence, money and food, sexual issues, anxiety and instability

Bodily issues:

Disorders of the legs, feet, intestines and colon, eating disorders, depression, arthritis, immune disorders, anemia, adrenal glands, chronic fatigue, chronic back pain, male reproductive system and prostate.



01 Muladhara



Chakra Treatment



02 Sacral Chakra:

Our connection and ability to accept others and new experiences – DESIRE

Emotional problems:

Feelings of abundance, commitment, fun, confidence, well-being, pleasure, sexuality, risk-taking, creativity, addiction, obsession, inability to cry, sexual dysfunction, and self-esteem. Difficult relationships, difficulty with intimacy or letting go.

Bodily issues:

Chronic back pain, sciatica, loss of appetite, blood cancer, diabetes, dysfunction of the reproductive system, kidneys, chest, hips, pelvis, urinary tract. ovaries and testicles.



02 Svadhistana

03 Solar Plexus Chakra:

**Our ability to be confident and to control our lives.
- ANGER**

Emotional problems:

Self-Control, Confidence, Empowerment, Ambition, Personal Power and Self-Esteem. Fear of rejection or criticism. Repressed feelings, temper. Perfectionism and lack of self-control.

Bodily problems:

Stomach and liver problems leading to indigestion, diabetes, pancreatitis, chronic fatigue, high blood pressure, ulcers, parasites, blood sugar problems, spleen, gallbladder and allergies. Pancreas.



03 Manipura



04 Heart Chakra - Anahata :

Our ability to give and receive love. - LOVE



04 Anahata

Emotional problems:

Love, joy, inner peace, truth, calling, responsibility. anger, bitterness. Fear of loneliness and abandonment. Can't forgive or trust! Little concentration. Negative, emotionally unbalanced, inflexible, big ego.

Bodily issues:

Heart or lung disorders, asthma, allergies, thymus gland, shoulder immunodeficiency. Problems, breasts, blood circulation, lymphatic system, upper back, arms, hands and tension between the shoulder blades.

05 Throat Chakra:

Our ability to communicate. – COMMUNICATION



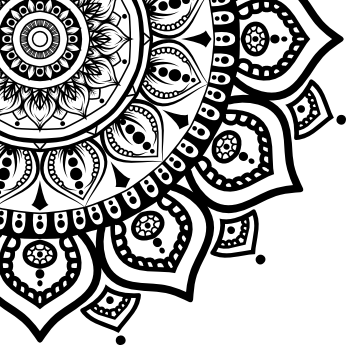
05 Vishudda

Emotional problems:

Communication, expression of feelings, the truth. No willpower, poor listener, afraid of being out of control, restless, anxious.

Bodily issues:

Chronic throat problems, tongue, lips, teeth, mouth ulcers, TMJ pain, laryngitis and thyroid problems, ear and sinus infections, headaches, PMT, hormones, neck and shoulder pain. Thyroid.



How often should or can Kambo be applied?

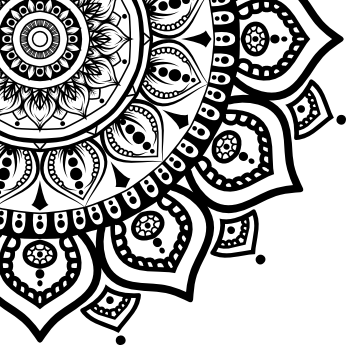


The treatment interval depends on the individual needs and the health situation of the client. A single treatment may be sufficient to achieve the desired effect. At the same time, it is generally shown that Kambo has a pronounced cumulative effect and that deeper and deeper layers are worked on if Kambo is administered repeatedly at not too great intervals.

A very popular treatment interval comes from the tradition of the Caboclos. Within a full moon cycle (28 days) Kambo is administered 3x. Some tribes traditionally use Kambo as a "dieta" for several days at a time. Also in the West, many people want to experience Kambo for three days in a row or within 5 days with a day off in between (a so-called "Kambo reset"). This is a very effective way of experiencing Kambo and is especially recommended for acute illnesses and infections.

Many see Kambo as part of their regular spiritual practice as the frog also has a cleansing effect on our chakras, thereby unblocking and realigning our energy system and connecting us to our higher self. Most people intuitively sense when the time is right for another Kambo treatment.





Postprocessing of your Kambo Ceremony

The Kambo Integration



How to get lasting positive changes out of your Kambo ceremony:

Kambo Integration is a vital aspect of the Kambo ceremony. It involves incorporating the teachings, realizations, and shifts you encounter during your Kambo session to achieve long-lasting changes. Although the immediate effects of the experience may not be evident, the insights and downloads tend to unfold gradually over time, akin to a lotus flower blooming. Although some individuals may experience instant clarity, the majority of the realization occurs in the weeks that follow. By embracing the integration process and committing to implementing the insights gained, you can harness the full potential of the Kambo ceremony and make meaningful changes in your life. While some people might get immediate insight during their experience, most of the clarity comes in the weeks following.

Grounding activities

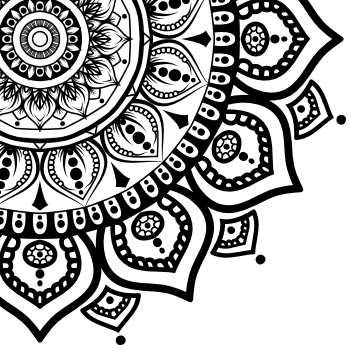


After a Kambo session, most people feel much better, refreshed and confident. In order to maintain this higher state of mind it is important to rest first and stay in your own energy. Don't be so preoccupied with anything other than yourself. Avoid other people except your dearest ones. Do not have any contact with people who drag you down. Avoid masturbation for a few days after Kambo and do not have intercourse with your affair.

Sex with your partner who genuinely loves you and you love him/her is okay and can even be very beautiful. Stay away from anything toxic to you.

This is why grounding activities are important. One of the easiest and most effective ways to reconnect with the earth is to take off your shoes and put your bare feet on the ground, in the grass, or in the ocean. In addition, activities such as meditation, yoga, making music, creating art, relaxing in a sauna, swimming, or taking a walk can help ground and center you while the new, transformed version of you is still taking shape.





Postprocessing of your Kambo Ceremony

The Kambo Integration



Journaling

One valuable technique to process the emotions and thoughts that arise during your Kambo journey is the practice of journaling. This writing exercise is a powerful tool for self-reflection, allowing you to externalize your thoughts and feelings by putting them onto paper. By allowing your thoughts and emotions to flow freely and uninhibitedly, you can explore your experiences and insights in a more structured and coherent manner. Moreover, journaling enables you to preserve and revisit the memories of your Kambo journey, helping you to deepen your understanding and appreciation of the transformative journey you have undertaken.



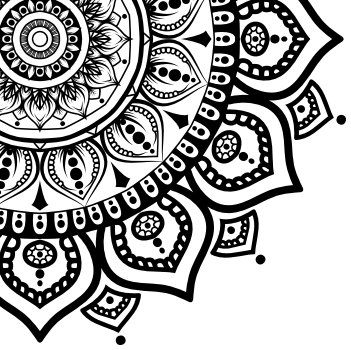
Being honest with yourself

Kambo has the power to reveal to us the unvarnished truth about ourselves, the truth that we may have been avoiding or denying for some time. It has the ability to bring up unresolved emotions that we have been repressing and help us see situations, jobs, or relationships with greater clarity. However, to fully benefit from the experience, it is crucial that we are willing to confront this truth with unwavering honesty. This means acknowledging and accepting our true feelings and being accountable for the repercussions of embracing this newfound reality. It is not uncommon for kambo recipients to make transformative life changes, such as ending relationships, quitting their jobs, or relocating, in the aftermath of some ceremonies. Thus, it is imperative to approach the kambo experience with a courageous heart and an unflinching determination to be honest with ourselves.

Watch your diet

In the next few days, your intestines will still be very sensitive. You should therefore stick to your diet for a few days and continue to eat healthily and avoid everything that is very salty, sweet, very greasy and unhealthy. You should never drink alcohol or use any kind of drugs. Try to eat lots of fruits as they have the highest vibration.





Postprocessing of your Kambo Ceremony

The Kambo Integration



Follow through

Following through with the insights gained during a Kambo session is a crucial step in the journey towards personal growth and transformation. After experiencing Kambo, you may find yourself in a state of heightened awareness, with a newfound clarity of purpose and intention. This is the perfect time to cultivate new habits and break free from old patterns that no longer serve you.

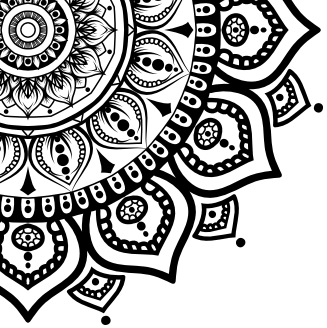
During this unique plastic period, it is important to take action and implement new behaviors that align with your intentions. By taking immediate action, you can reinforce the changes and make them more permanent. However, simply initiating new habits is not enough. It is equally important to follow through with your commitments, even when it becomes challenging.

Holding yourself accountable for your actions is an effective way to ensure that you stay on track with your goals. Additionally, seeking support from friends or loved ones who can offer encouragement and hold you accountable can be highly beneficial. With the won insights and the commitment to follow through, you can create lasting changes and achieve the transformation that you desire.

Social support

The value of social support cannot be overstated when it comes to processing the Kambo experience. It can be comforting to have someone to confide in, especially if the process evokes strong emotions or thoughts. The support of a trusted friend or loved one can provide an invaluable opportunity for reflection and discussion, helping to deepen your understanding of the insights gained from the experience. Whether it's a family member, a close friend, or even a therapist, having someone to turn to can help you navigate the process and better integrate the lessons learned.





Costs

A Kambo ceremony with me costs between € 150,- and € 250,-, depending on your self-assessment. It usually lasts between 1.5 and 2.5 hours, in exceptional cases also sometimes up to 3 hours.



For regularly sessions I offer individual prices based on how many treatments someone needs.

On request, an extended ceremony is possible, in which the gift of Hapé and/or Sananga is also integrated into the process.

I would like to enable people with little money to be treated with Kambo. If you need a discount or payment in installments, please tell me.

Contact

If you are interested in a Kambo ceremony or if you have any further questions, please do not hesitate to contact us.

Email: KamboWithMartin@gmail.com

Call/WhatsApp/Telegram/Signal/Threema: +49 177 6370220

Martins Telegramgroup Kambo Miltenberg: https://t.me/kambo_miltenberg

Martins Telegramgroup Kambo Berlin: https://t.me/kambo_berlin

