#### PREPERATIONS GIUDE for a IBOGA Fullflood Treatment

Have you already had experience with root bark or microdosing? I recommend everyone to try this at least once beforehand.

Iboga can provide great help even in small quantities and sometimes this complex and expensive fullflood is not even necessary.

There is no coming back from a FULLFLOOD and this condition is often difficult to bear! Therefore, the person being treated must have complete trust in Iboga and the process!

Afterwards, take as much time as possible for yourself, preferably in seclusion, because other people and crowds are to be avoided. If you are not travelling by car yourself, you should arrange to be picked up.

Your aura has been newly created, it is pure, sensitive and should therefore not be exposed to so many influences immediately.

#### ***How to prepare the week before yourTreatment:***

Daily, take a balanced multivitamin and mineral complex.

* Add to this 500 mg of magnesium, preferably magnesium citrate or another similar form. Do not take magnesium oxide unless there is no other option.
* Take natural Chlorella vulgaris Tablets (3 times daily, 1500mg)

 This will help to protect your heart, balance your body’s electrolyte

* Levels, and smooth muscle tissue.

A mostly vegetarian diet should be observed during the week before treatment.

* Eat properly portioned sizes of fruits and vegetables, and small portions of meat or fish, fatty foods should be avoided these Days.
* You should also try to avoid excess sodium, caffeine, junk food, and sugar, as well as grapefruit and quinine, the latter of which is an ingredient in tonic water.
* Make sure to drink at least 1,5 liters of water every day.
* Drink electrolytes like natural coconut water are good for replenishing your electrolytes, if nothing natural and sugar free is available, drink Gatorade, Powerade ect.cThese should be drunk in the week leading up to your therapy and a few days after.

STOP the following medications : VIAGRA, KAMAGRA OR YOHIMBE for at least 48 hours before and after this treatment! In combination this can causes Heart problems.

#### ***How to Prepare Medications:***

If you have been prescribed any antidepressants or other psychoactive medications by your primary doctor, stop taking them for at least 2 weeks prior to your Iboga treatment.

If any of these medications need to be tapered down until they are no longer present in your bloodstream, your doctor can advise. If you cannot stop taking these medications for any reason, you will not be able to receive an Ibogaine treatment until it is safe for you to stop taking them. If you are afraid to quit, You can replace this meds with Iboga Root Bark Capsules. You can start the rootbark capsuls 10 Days, before you stop the antidepressants. The change is then really smooth and easy to operate.

We need to be informed of any other prescription or over the counter medications, including vitamins, herbs, and herbal supplements that you are taking, at least two weeks before your therapy is due to begin. Many of these medications react badly with Ibogaine.

PREPERATIONSGUIDE FOR USER:

#### ***How to Prepare For Substance-Using Clients:***

Do not drink any alcoholic for at least five days prior to your therapy visit.

For clients who use Meth (methamphetamines), Ritalin (methylphenidate*),* Dexedrine (dextroamphetamine), or Ecstasy, it is vital that you do not use

any of these amphetamines for a minimum of two weeks before your treatment.
fear and doubt will make your treatment harder, and could even make it dangerous to your health.

Remember that by denying your urges to binge, you are taking the first step toward your recovery. Take some time to pat yourself on the back for this.

#### ***How to Prepare Opiate-Dependant Clients:***

Clients who are currently using methadone or similar opiates often benefit from switching to a shorter-acting opiate at least one week before treatment, as it is much more difficult to remove the effects of long-acting opiates from your system, and we do have great success with reducing or removing the withdrawal symptoms for short-acting opiates like Heroine.

Ibogaine treatments for Subutex, Subuxone and Methadone and other similar long-acting opiates, we require a longer break between the last intake of these long-acting opiates and iboga. As these occupy the receptors in the brain for a very long time, the iboga cannot work properly on them and significantly higher hydrochloride (HCl) doses and also more secondary doses are needed.These additional doses can make it harder to work through your therapy session and contributes to a much higher treatment cost.