

Welcome to the soluna medicines FAQ page.

I am very grateful to have you here and hope the following questions and answers help you feel confident and well informed in your decision to sit with kambo. If after reading through this page you are still curious to know more information please email me at chantelle@solunamedicines.com.

This page was updated on March of 2024. All questions are answered by Chantelle of soluna medicines. To schedule a kambo session please visit : solunamedicines.com/kambo

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1. What are kambos contraindications? Who should not sit with kambo?

Please read through this list before we move forward with either private or community kambo sessions. If you work with any of these contraindications I will likely not serve you Kambo.

Kambo could then make your physical symptoms worse or harm your body. Every practitioner is different.. this is not a hard, definite list. It is for your own safety you inform me if you work with any of these contraindications BEFORE booking. Please email me at chantelle@solunamedicines.com to talk more.

- Heart disease including
- Current or history of blood clots
- Addison's Disease
- Esophageal Veresus
- Pancreatitis
- Those taking Immune Suppressors or recently had an organ transplant
- Those who have had a recent major surgery
- Those undergoing Chemo or Radiation within 1-3 months
- Those who are or could be pregnant
- Epilepsy
- Gallstones
- Schizophrenia
- Gastric Bypass
- COVID-19 : Please be at least 2 weeks post recovery of covid before sitting with kambo

Note : I will serve women and female-bodied persons while they are menstruating. Kambo can cause more blood flow, mild- moderate contractions, and have other effects on your cycle or sex organs. Sessions while bleeding can be very deep OR exceptionally mild.. so let me know upon arrival if you are bleeding. If your session ends up being mild thats okay - you are still receiving the benefits of kambo. More discomfort during session doesn't always mean more healing.

Things to mention : The following list does not make you ineligible to work with kambo.. however it is important that we discuss anything relevant. After booking, please email me at chantelle@solunamedicines.com to talk more

- Do you have high or low blood pressure?
- Have you ever worked with Kambo before?
- Will you be on your Moon Cycle during our scheduled session?
- Do you have a history of strokes or seizures?

- Do you have a history of fainting?
- Do you have any fears around working with kambo?
- Do you have allergies? Epipen? Inhaler/asthma?
- Do you work regularly with any supplements.. herbal included?
- Are you on any medications or birth control?
- Do you work with any recreational drugs (including alcohol, cigarettes, or marijuana)?
- Are you nursing a baby under 6 months old?
- Are you undergoing fertility treatments

2. How do I prepare to sit with kambo?

We want to show up ready for spiritual, emotional, and physical cleansing. This means : thoughtfully take care of yourself (always! but) 3 days before kambo and 3 days after. Practice self-care. Schedule an appointment with your therapist or mentor. Cook meals that are nourishing. Spend less time on your phone or online. Give yourself the gift of care to get the most of your experience!

- Suggested dieta for kambo.. [[this is not necessary but can be supportive to your experience and getting the most out of your time with the frog]]: ease up on heavy foods the 3 days before and at least the day after kambo. Less oil, less meat, less sugar, less caffeine, less dairy. If you're a foodie (no worries -- me too).. perhaps lighter meals. Think : I want to show up light and already feeling physically cleaner than usual.
- **Please eat a full, nourishing meal the night before kambo. You want to show up to session feeling strong and ready.**
- NO FOOD within 8-12 hours of your Kambo Session. Come to our session with a clear body! This is REALLY important and can be DANGEROUS if not adhered to. Having food in your system can also cause pain when purging. Only water the morning of ceremony. Coming with an empty stomach is essential. Eating 8 hours beforehand is the minimum amount of time I will allow and still serve.
- No sweat lodges the week before. No water fasting, enemas, or colonics 3 days before or after. No hot tubs or saunas 1 day before or after. This may exhaust you and release too much essential electrolytes, nutrients from the body when combined with a kambo session
- DO NOT take any medication (including herbal or holistic) the day of your kambo treatment. Any supplements and medications can be taken after your session.

- No caffeine the day of your kambo session... I repeat O caffeine the day of your kambo session. **NO alcohol the 3 days before and after our kambo session. No marijuana the day before and day after our kambo session.**
- If you have allergies or any other health concerns you are expected to communicate this to me BEFORE you come for your session. You should be prepared for an emergency and have your EpiPen, Inhaler or Emergency Medications with you if you use any of those.
- If you are sick, please wait until you feel better to schedule your session! Kambo can make the body work hard and if you are already weakened it is not a good time to sit with the medicine.
- It is a good idea for mothers who are breastfeeding to have pre-pumped milk to allow yourself time to rest when you return to your children and to allow any toxins to continue to flush out of your system before feeding again.
- After care : I recommended to have the rest of your day or majority of the day to relax. Please see other questions on the FAQ for more details.
- Get excited and feel hopeful about your healing journey with kambo. He is an unbelievable gift from mother earth! Honor the frog and he will honor you. Please reach out with any questions whats so ever chantelle@solunamedicines.com

3. What should I bring to session?

Please bring to session :

- a reusable water bottle
- comfortable clothing
- a change of clothes just in case
- 2 gallons of water
- a floor cushion or back jack
- a cozy blanket
- Optional : a sacred item, journal & pen

Private sessions : You are welcome to bring some fruit or a light, dieta friendly lunch with you to eat after or on your way home. Your body will be craving nourishment.

Community kambo day : This is a potluck. Please bring a dieta friendly (see above) food or a snack to share. Thank you!

Please leave all animals and children at home. In my home there is both a cat and a young dog. They will likely both be outside (weather permitting) for the majority of ceremony. My house is deep cleaned before all sessions but please be aware of this if you have animal allergies.

4. What is a community kambo ceremony?

soluna medicines offers a monthly Community Kambo Ceremony where you are invited to work with kambo in a group of like-minded individuals at a discounted, sliding scale price -- the CKC sliding scale price starts at about 30% off the private session rate. Here is an offering that exists to make kambo more accessible to first time kambo users, long term kambo warriors, and all who enjoy the atmosphere of a group ceremony. We open ceremony with introductions, intention setting, prayer, sananga offering, and hapeh offering. After opening our circle we transition into kambo. We close the ceremony with prayer and an integrative sharing circle. Sananga & hapeh are fully optional. If you are unfamiliar with these sacred medicines.. they will be explained day of. There is space to rest and recoup. Cushions, yoga mats, and blankets will be set up in the temple space. Ceremonies are about 3 hours.. This is also a potluck style event! Everyone is encouraged to bring a dish or snack to share. Community hangs and lunch is over around 1pm when everyone packs up and heads home.

5. How can I expect to feel during the experience?

Every body responds differently and every sit can be different. In general - you can expect to feel discomfort ranging from mild to extreme. You will NOT feel pain only DISCOMFORT as the kambo moves through your body pulling out toxins and helping you purge. As kambo is venom, it can mimic anaphylaxis shock.. Meaning your body temperature will increase, heart beat will accelerate, and you will general feel as if you were poisoned. Sometimes a bit of poison is the remedy. You will feel strong and capable as you allow and trust the frog to support your body, mind, and spirit healing. You will feel SAFE because I will be there guiding and ensuring you are getting the most from your experience. The kambo experience will last anywhere between 20 - 40 minutes depending on need and how your process unfolds.

6. How can I expect to purge?

Again, every body and every sit is different. There is no wrong way to purge. You might vomit water, shake, sweat, have a bowel movement, cry, scream (release rage), or pray outloud. These are all ways our bodies, mind, and spirit can release stuckness and dis-ease. You will drink water before and during your session to lubricate your stomach and esophagus for any northern purge (vomiting).

7. Where do I vomit the water?

You will be provided a bucket and as many as you need during your purge.

8. Will I be able to make it to the bathroom if I need to have a bowel movement?

Yes! You do not lose absolute control over your bowels. You will be able to make it to the bathroom to have a southern purge (bowel movement). On occasion, an individual may have a small amount of fecal matter release in the ceremony space in your underwear. I have seen this happen only to persons whom have pre-existing conditions where making it to the restroom on time is already an existing issue. Although rare, this is TOTALLY okay and there is no shame in allowing your body to release. Anything can happen so please make sure to bring a change of clothes as listed on the packing list.

9. How can I expect to feel after? The next day? Week?

Post ceremony day of: You may feel very tired or very energized. Either way you will feel clean and a sense of wellness.

Next day and following day : This is usually when you will feel peak wellness! Most individuals gain a newfound sense of vitality, inspiration, hope, love, and inner peace. SOME individuals feel very tired for 2/3 days. In my personal understanding I see this most with people who are on the edge of a burnout or have very overactive minds and NEED to rest. The kambo will ask you to rest only if you need it so please listen and take the time you need to recover.

The following week - 2 weeks : This is a great time to start new health habits and engage deeply with spiritual practices. You'll feel less anxious and depressed. Your connection to life will be closer and more fulfilling. Enjoy yourself and try to care for yourself in a way that can support this uplifting to being a long term and consistent homeostasis. You may feel called to make positive major life decisions, please follow your heart while also respecting that some decisions and habits need lots of time to make.

10. Should I take work off the next day?

You will likely be totally fine to go to work and you will enjoy a sense of clarity and inspiration. If it is your first time sitting with the medicine you may want to take off work the next day just to allow yourself to integrate and enjoy the vitality you will experience the next day. On occasion people are very tired the following day.. (please see the FAQ above).. If you are fearful this will happen to you then please plan accordingly.

11. I'm very scared to sit but really want to. Is that normal? How do I know if this is right for me?

Yes! Very, very normal. Kambo is a master teacher and he is a know to be a master of fear and fearlessness. Notice how you are already learning about yourself even in the contemplation of this gorgeous frog venom.. that is the kambo spirit illuminating your strength and intuition. Sometimes we are scared because it is a NO and sometimes we feel fear because we are touching a place where we are ready to learn courage. You are the wisest council of you and only you can learn how to distinguish the two.

12. Will I be put in any danger?

No, you will not. Kambo is 100% safe to work with. It is also completely legal in the USA.

13. How many sessions should I do if it's my first time?

I suggest first timers sit 3 times within 4-6 weeks to initiate your connection to kambo and massive wellness shifts. Kambo, like all herbs, works on itself and you gain more benefits with more sits close together.. especially to start.

14. How often should I come back for maintenance?

If you have sat a few times and are feeling generally well.. You can come back as often as you feel called. There is no limit. If you find kambo to be very beneficial for you I recommend sitting with kambo once per season or at least twice per year. I personally sit an average of 1-3 times per month. I will sit 3 times in a month only when I am experiencing a new sickness, in deep grief, or feel called to do a deep clean of my body or soul.

15. Where do you source your medicine?

My medicine comes from Peru and I always thoroughly vet any source I work with. I sometimes source directly from a native Peruvian but have sourced from someone living in Peru that is not native. If I do source from these people I always ask how much they donate to the indigenous and natives. I ensure my medicine is ethically harvested – the least amount of secretion taken from the frog as possible. This means I pay MORE for my medicine than some other people because it takes my source finding 2-3 frogs to harvest from to get the same amount of medicine as others may take from 1 frog.

16. Is kambo in the west cultural appropriation?

I love this question and I am happy to give my personal opinion. This is a short summary of my thoughts. It is up to you to decide what your personal values are and I am never going to say I am the only correct answer. I believe plant medicine and kambo being worked with in the west is **SOMETIMES** cultural appropriation and used with a colonizer mindset. I believe only persons with blood from the countries these medicines come should be serving medicine **UNLESS** a non-latin american person spends **YEARS** (atleast a decade) studying from and traveling to these countries. We have to ask those engaging with kambo – are you living in integrity to the teachings and traditions of this medicine? These medicines are latin americans **BIRTH RIGHTS** and a deep part of our ancestry, lineage, development of our culture, bodies, and minds. Please choose your practitioner wisely and don't be afraid to ask questions.

17. Do you have any advice for someone sitting for the first time?

Welcome the kambo frog into your life before you sit. Meditate on the experience before and after. When you are in your first sit – remember that kambo loves you and is trying to help you. Allow, breathe, and trust.

18. Can you sit while breastfeeding?

Absolutely. Post kambo you have two options. The first is you can continue to feed your baby as normal.. This will likely cause your baby to have loose stool until the kambo leaves your system. This is okay. In the amazon they apply kambo to babies as young as 6 months as a vaccine and to help with any growing pains like teething. Your second option is to have milk stocked up to feed your baby before session and then “pump and dump” your breast milk for 24 - 72 hours after your session. Kambo will stay in your system for 3-4 days but it varies on how much will enter your breast milk. I kindly ask you leave your baby at home so you can focus on yourself for the experience.

19. I'm really not well spiritually / emotionally / physically. Can I expect all my sickness to go away after one session?

No. You can expect great healing, hope, and positive movement in your healing journey. SOMETIMES miracles happen and people are cured of mental and physical illness in JUST ONE SESSION. This is not the norm but does happen! Kambo will provide a deep cleanse and support your wellness in a big way. However, it can not do all the work for you. True integration of kambo into your life means you are changing spiritual and physical wellness habits as needed alongside kambo therapy.

20. I'm not sure who I can trust to sit with. How do I choose the right practitioner for me?

Do thorough research on what the ethics behind any medicine you sit with are. Choose your values and stick to them. Do not fall into scarcity mindset when it comes to medicine. I know it can seem like you don't know anyone else to sit with – but the medicine WILL meet you halfway with a safe practitioner if you stay open, ask around, and research. I personally find my favorite practitioners to sit with are those who are baseline healthy (emotionally, spiritually, physically) themselves, do not pretend to be perfect or know everything, are focused on respecting the medicines, have teachers from south america they lean on in their practice, and seem to have good relationships with others. Ultimately these medicines (to me) are about loving family, enjoying community, connecting to a higher power, connection to earth, being of service, and feeling day-to-day wellness. I like to see that my practitioner displays all of these qualities and interests as their very existence is the spokesperson for the experience you will have with them.