

Ibogaine for ADHD

SERVICES AVAILABLE

- **IBOGAINE TREATMENT**

Safe, monitored and compassionate
ibogaine treatments

- **PRE AND POST CARE**

We help you start your ibogaine journey
on the right footing with our expert pre
care and help you integrate afterwards

- **HOLISTIC THERAPIES**

Yoga, Pranayama, Meditation,
Breathwork, Physical exercise, Healthy
food

- **ON/OFF SITE COUNSELLING**

Our expert counsellors will hold space
and guide you through your processes

- **NAIKAN THERAPY**

Naikan introspection therapy is a
wonderful way to get back in touch with
yourself

- **IRM**

FREE lifetime membership to the IRM –
Ibogaine Recovery Movement online
meetings and recovery community

“I haven’t failed. I’ve just found 10,000
ways that won’t work.”

~ Thomas Edison

Although ADHD is often brushed off
as being “scattered” or “too much
energy”, in adults it can shape work,
relationships, and self esteem.

ADHD means the brain regulates
attention, restlessness, and impulse
differently. You may feel easily
distracted or forgetful, struggle to
organise time, lose things, and find it
hard to follow instructions or finish
tasks.

You may feel wired, restless, talk over
others, interrupt, or make quick
decisions before thinking them
through. For many people it is a mix of
both.

Symptoms usually start before age 12,
and ADHD is often missed in women
because inattentive signs can look like
stress or overwhelm.

If ADHD is affecting study, work, or
home life, a GP can explore what is
going on and refer you for an
assessment with an ADHD specialist.
It is common to have overlapping
challenges such as anxiety,
depression, addictions, or learning
differences like dyslexia.

Ibogaine is not an ADHD cure, but it
may support change by easing
compulsive drive, settling the stress
response, procrastination and
impulsivity, which can widen the gap
between urge and action. It helps the
brain form new habits by making old
loops feel less gripping. At Tabula
Rasa Retreat, we guide you through
screening, personalised planning, and
integration support so any gains
translate into real life, in practice.

