



# Ibogaine for Multiple Sclerosis

## 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

“We live out our stories with courage. MS  
is only a chapter, not the ending.”

~ Joan Didion

MS can be a moving target. One week it is fatigue that flattens you, the next it is numbness, burning nerve pain, tightness around the torso (the “MS hug”), shaky balance, clumsy hands, muscle stiffness, or vision that comes and goes. Even when you look fine, your nervous system may feel like it is working overtime.

Ibogaine interacts with several messaging systems that influence pain, mood, sleep, stress and motivation. It also encourages the brain to make new connections and increase natural repair signals that help nerve cells stay resilient.

In MS, where symptoms can be driven by irritated signalling and strain on the nervous system, this may translate into steadier function and improved day to day comfort for some people.

This is also why ibogaine has attracted interest beyond MS, including in other neurological conditions like traumatic brain injury, where people often face overlapping challenges like fatigue, low mood, brain fog, migraines, light sensitivity and poor sleep.

At Tabula Rasa Retreat, we guide you through a structured pathway: screening, a personalised plan, support during treatment, then integration and aftercare to help you build on your gains.

