

"Life or Crystal
meth? "
~ Anon

Ibogaine for Methamphetamine

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

The highs resulting from
methamphetamine use such as
heightened energy levels, euphoria,
racing blood pressure, talkativeness and
irritability are all accompanied by an
increased heart rate. Ibogaine decreases
the heart rate so we ask meth users to
stop taking the drug at least 7 days
before arrival at Tabula Rasa Retreat. All
other stimulants such as cocaine, crack,
Ritalin, ephedra, Adderall, Vyvanse and
other ADHD treatments must also be
avoided.

Other effects of meth use include bowel
loosening, nausea, sweating, violence,
appetite suppression, increased body
temperature and jaw clenching. With side
effects such as these during use, we can
easily imagine the severity of the
withdrawal symptoms. Ibogaine can help
bypass these.

It is believed that Ibogaine rebuilds the
Methamphetamine destroyed synapse
pathways.

Once this takes effect, there is a sharp
decline in the need to use the drug.
There follows dissipation in the intensity
of cravings for Methamphetamine.
Not all those treated by ibogaine will
experience their cravings fading
completely. It is important to be aware of
the possibility that they may linger in
some form. It is here that our holistic
treatment programme will make a
difference. Implemented by a strong
support team, our aftercare plan means
the road to a more positive future post-
Ibogaine is not travelled alone.
Find the right detox for you at Tabula
Rasa Retreat. We provide a withdrawal-
free escape from Methamphetamine that
brings clarity of thought – allowing you to
map a route toward a fresh start. Seize
the opportunity to return to 'Go' but this
time taking all the right moves – with the
Tabula Rasa team alongside you every
step of the way.

