



IBOGA, IBOGAININE, AND MY BRAIN

Los Angeles Medicinal Plant Society (LAMPS)

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WHAT IS IBOGA?



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“Tabernanthe iboga”, entheogen, sacrament,
medicine

A small shrub/bush sometimes grows to 10 feet.

Native to Western and Central Africa,
e.g., Gabon, Cameroon, & the Congo.

In 2000, government leadership in Gabon
declared iboga “a national treasure.”

Centuries of practice
and currently endangered in Africa.

Scheduled:

US, Norway, Sweden, Israel, Hungary
Unregulated in Canada, Mexico, Costa Rica
Legal in Brazil, New Zealand, Africa

IBOGA & THE BWITI



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Used by indigenous tribes in Gabon and
Cameroon.

Primary by the Bwiti comprised of 3 groups:
Babongo, Mitsogo, and Fang

Used for initiation ceremonies, medicinal
healing, low doses during fire ceremonies
and used by hunters to stay alert.

In ceremony used to commune with the dead,
ancestors, to retrieve spiritual wisdom for tribe.

Has association strong death, providers often
educate re: contract.

“Masculine” spirited plant “Grandfather”

IBOGA VERSUS IBOGAINE

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Iboga = direct root bark

Used in three forms:

(1) Root bark shavings
can be made into tea

(2) Total Alkaloid

(3) Ibogaine

- Also extracted from the
voacanga africana
- Addiction treatment
- Research compound

Higher potency Ibogaine > Iboga

Ibogaine, Iboga & TA dose determined
by weight, subjective experience, and
drugs of abuse.



IBOGAINE

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Ibogaine is a restricted substance (possession is illegal) in some countries, including the US, Switzerland, Denmark, Sweden and Belgium.

Schedule I status since the 1960's, discovery attributed to Howard Lotsoff, who healed himself of his own heroin addiction.

Host of medical applications:

Virtually all addiction, depression, anxiety, anti-viral (Hep C & HIV), anti-fungal (Candida), anti-Parkinsonian, neurodegenerative diseases.

Attempts made at derivatives (e.g., 18-MC) per Dr. Jeffery Kamlet, not as effective without visionary component.

Medically risky, stats 1 in 300? fatal, requires caveat.



IBOGAINE, ADDICTION & THE BRAIN

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Intricate and complex pharmacology

Primary mechanisms of action:

- NMDA receptor antagonist (unlearning, e.g. Namenda)

- Increases GDNF (neurogenesis, protectant)

- Upregulates dopamine (reward, mood)

- Agonist Mu, delta, kappa, opiate receptors

- Serotonin 5HT2, 5HT3

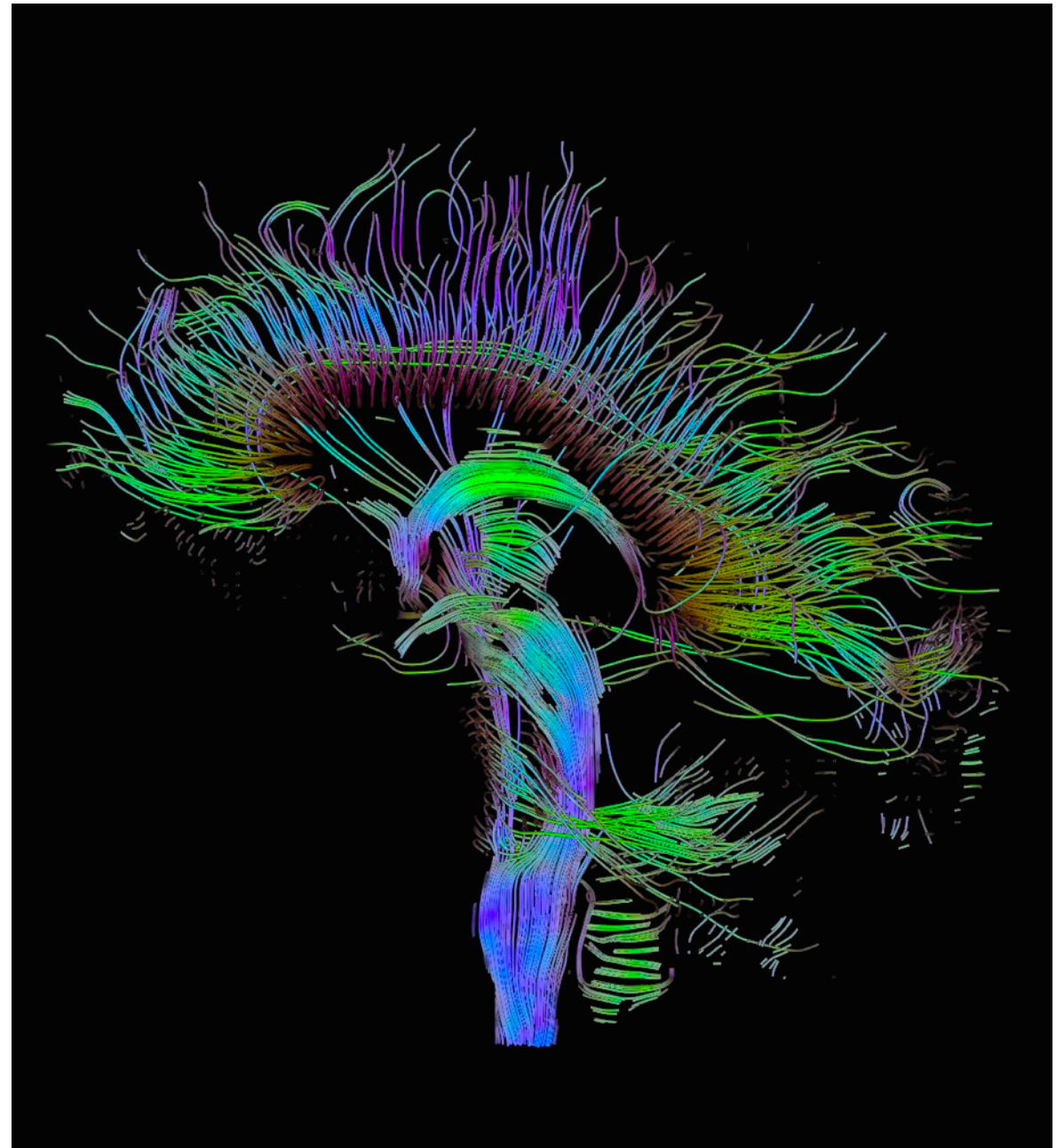
- Blocks nicotine release

Noribogaine stored in fat cells for months?

Trauma resolution

Studies report effective in about 2/3 of individuals.
100% effective opioid detoxification.

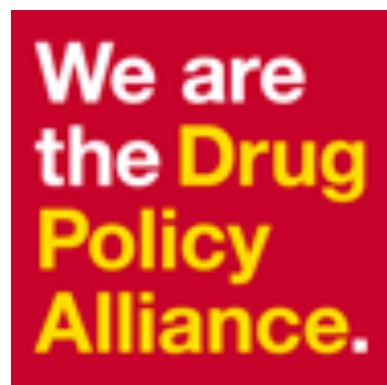
Studies conducted in US shut down due to risks.
Now being pursued in Brazil. Bill in Vermont.



RESOURCES

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GITA (Global Ibogaine Therapy Alliance) Conference in March 2016 in Mexico,

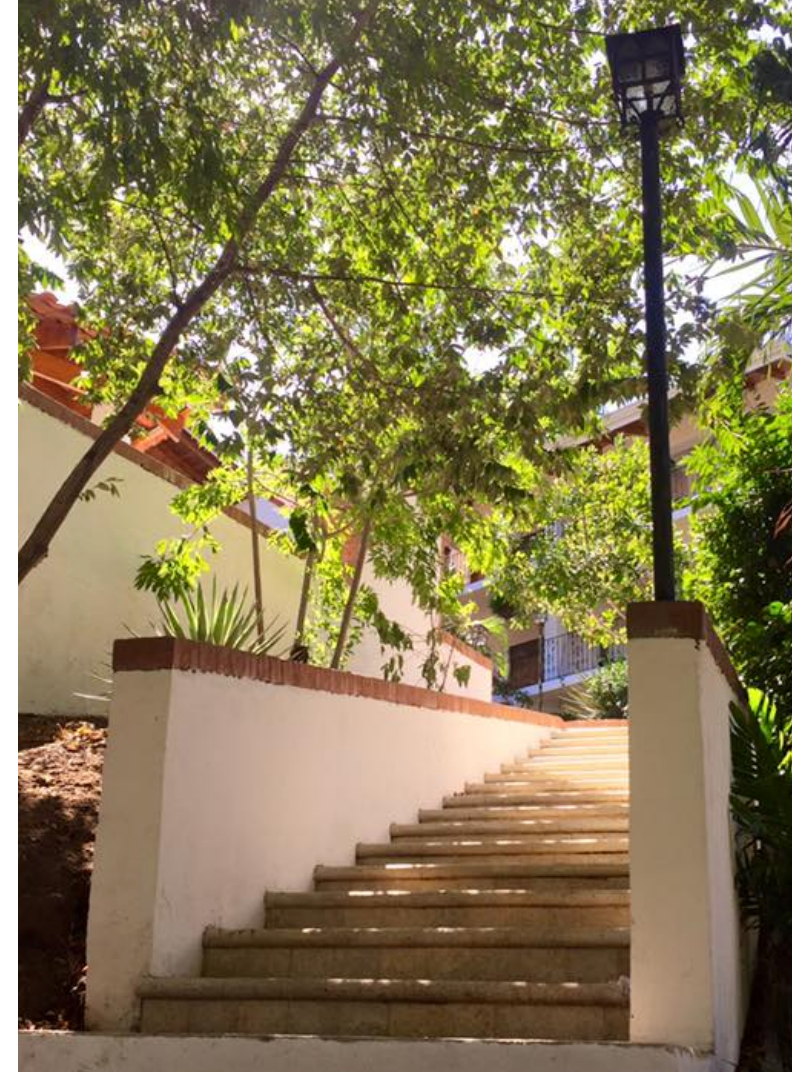


MY EXPERIENCE

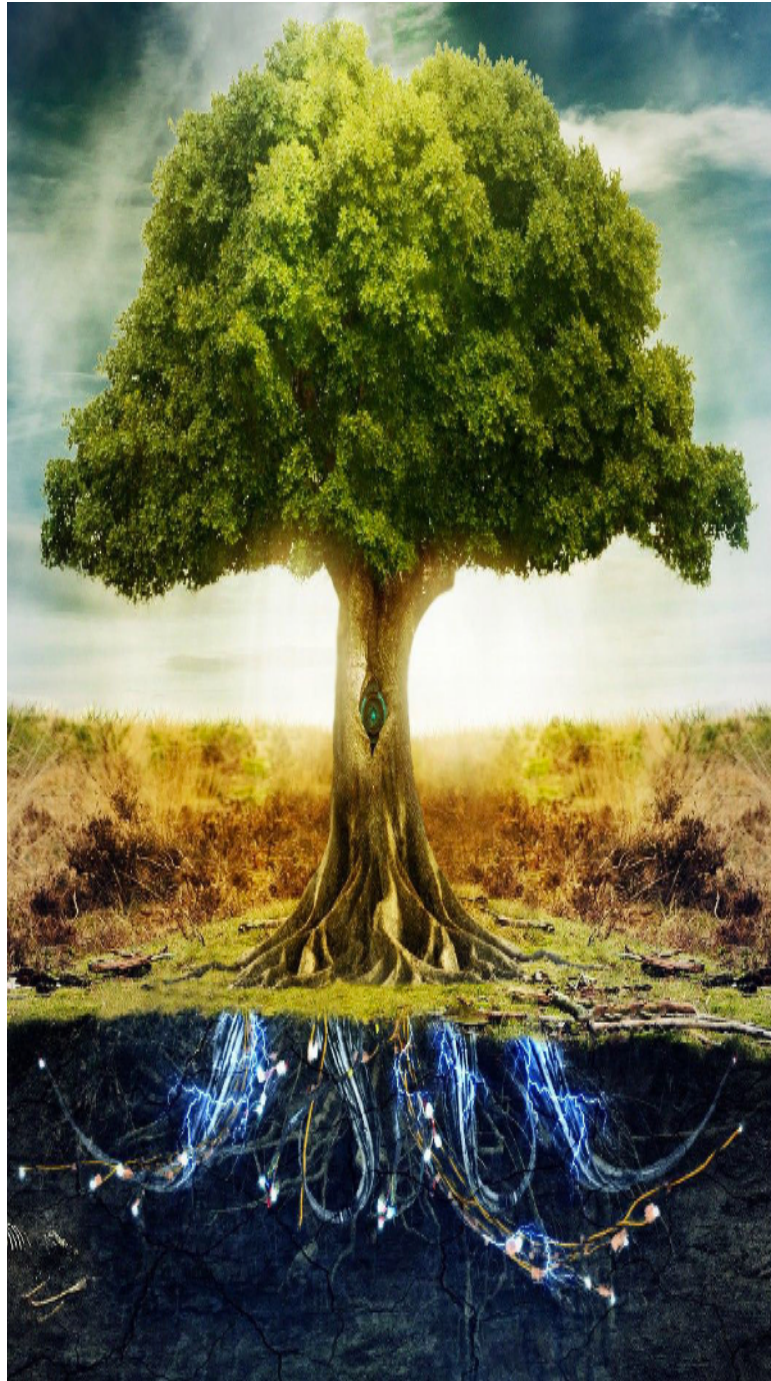
Iboga Wellness
Playa Ocotal, Costa Rica

Gary Cook,
Jeff Cook, Steven

- My intentions
- Fire Ceremony
- Medicine



MY EXPERIENCE



Onset
Purgative
Visionary phase
Recovery
2 journeys

Nature of visions
Tree of life and afterlife
Earth panorama
Africa & root race
Soul talk & the Mirror
Grandpa Pete
Brain effects





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Clinical Progression of Patients Through One Week of Ibogaine Treatment

Sample: 39 Patients (11 females, 28 males)

Age: 19-51 yrs, Average 31.2 years

Primary Opioid Rx or Heroin Dependent

Presenting to Crossroads Treatment Center in 2015 for Ibogaine
Treatment

Patients maintained on Short Acting Morphine on Days before Ibogaine

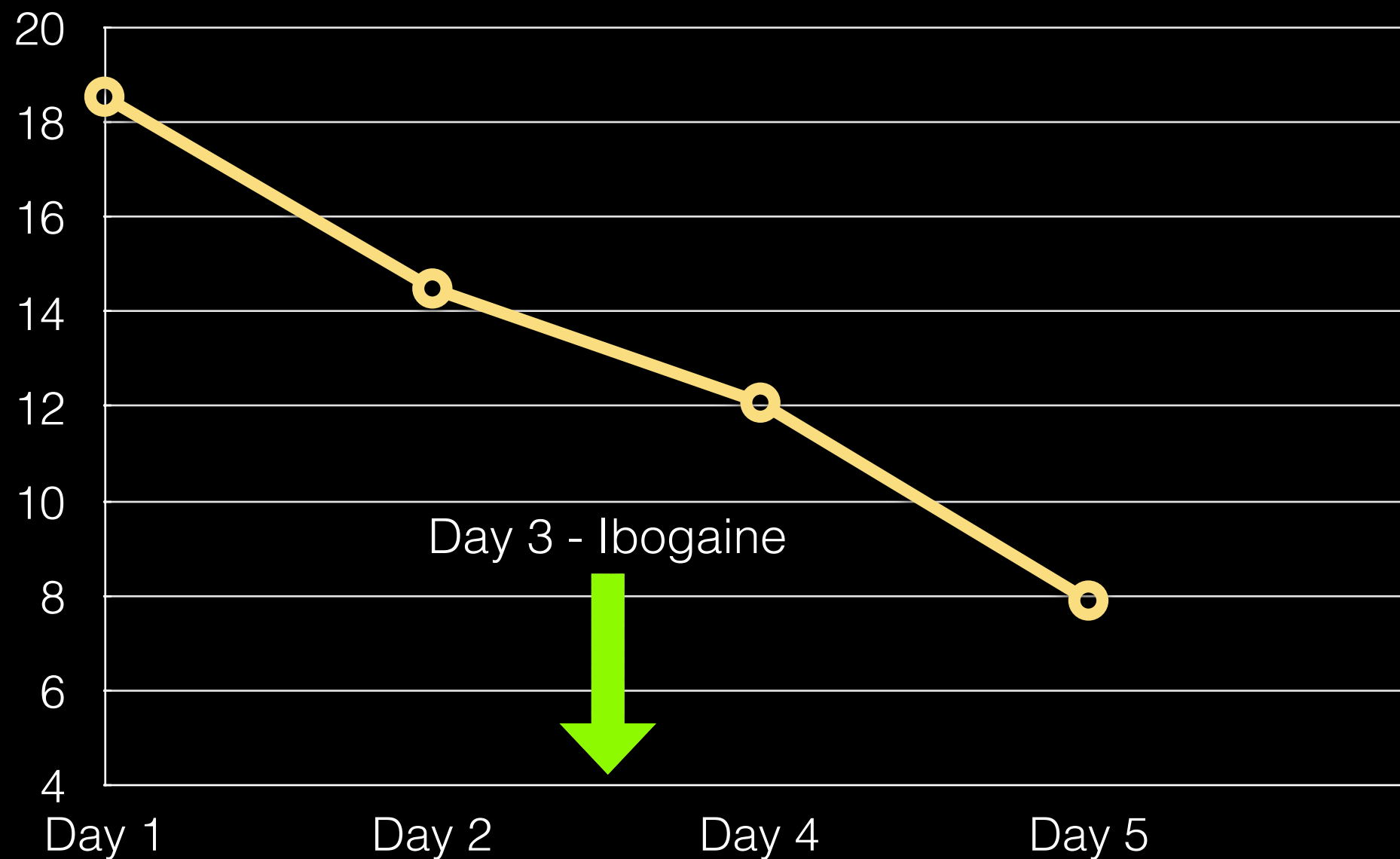
Rating Scales Given During Treatment 2 days before & after Ibogaine

- Subject Opioid Withdrawal Scale (Patient Report)
- Brief Cravings Scale



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Patient Ratings of Opioid Withdrawal Symptoms

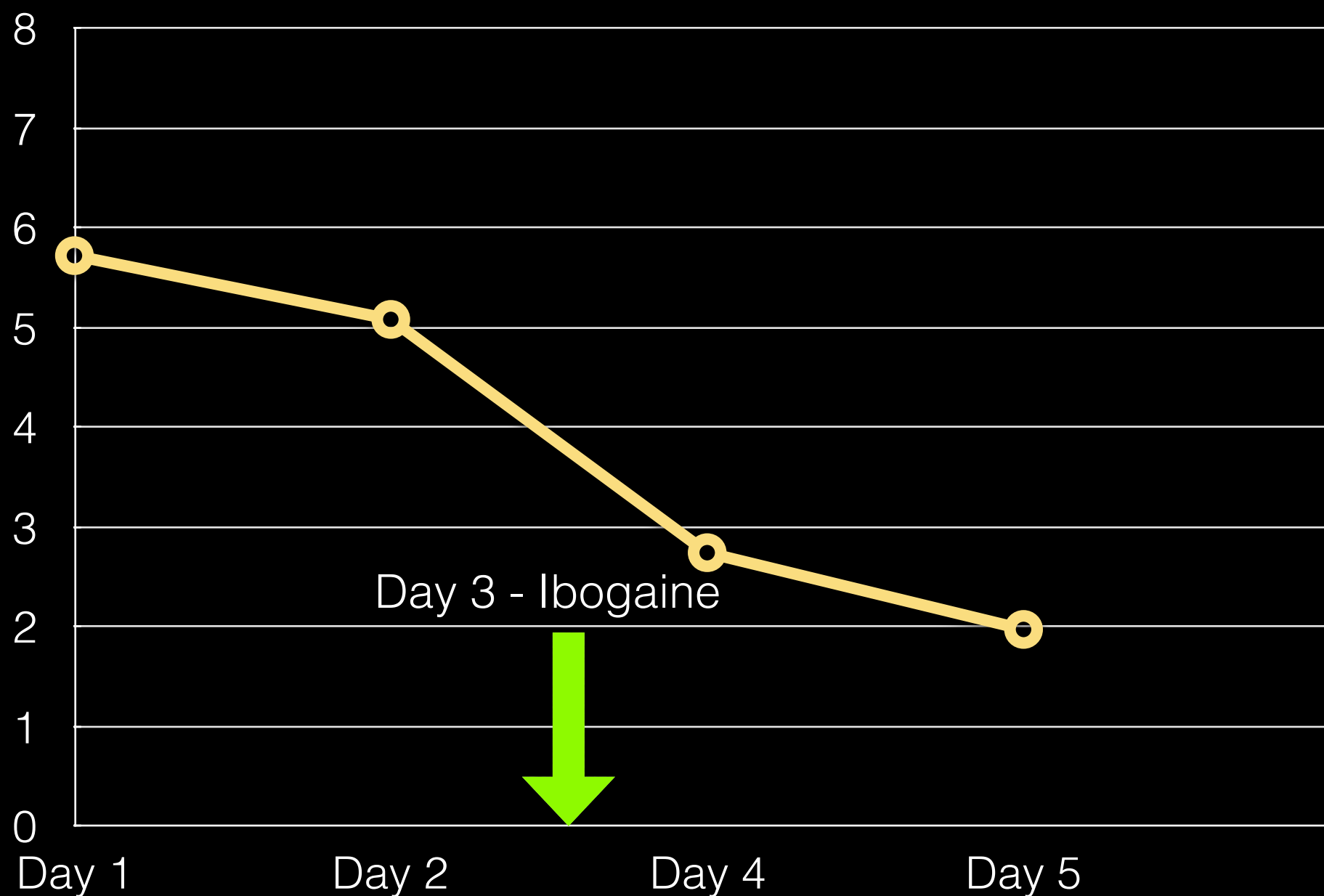


Symptoms: nausea, cramps, sweating, restlessness, pain/aches, tremor, anxiety
Ranges = 0 - 10 *Mild*; 11-20 *Moderate*; >21- 30 *Severe*



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Brief Substance Cravings Scale



3 items about intensity, frequency and duration of psychological cravings
Ranges = 0 meaning no cravings to 12 being severe cravings



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Online Retrospective Survey of 101 prior Ibogaine patients treated for addiction

Sample: 101 Patients

Presented to Crossroads between 2012 - 2015 for Ibogaine Treatment

Primary Opioid Rx (39%) or Heroin Dependent (45%)

6% amphetamine, 4% alcohol, 1% benzo, 6% other

Main age demographic 25-54, 72% male

Majority had tried Suboxone, Methadone, replacement therapies

Given Ibogaine in Mexico, with live medical supervision also given 5-Meo-DMT post treatment



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During Ibogaine Treatment...

77% said their withdrawal symptoms were eliminated or drastically reduced

86% experienced visions

60% experienced something sacred or spiritual

45% experienced a feeling of unity with ultimate reality

43% released feelings of unhealthy shame or guilt

41% gained insightful knowledge about themselves

40% gained insight into the causes or reasons for their addiction

34% recalled and experienced difficult memories from their past

30% gained insight into past trauma from their life

30% felt like they were reborn

25% experienced bliss or ecstasy



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After Ibogaine Treatment...

84% said ibogaine was better than other addiction treatments they'd tried

79% said it was effective in interrupting their addiction

77% reported the frequency of their drug or alcohol use decreased

73%-74% reported the psychological need and physical cravings for their primary drug of choice decreased