



# Ibogaine for Alcoholism

## 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

“First you take a drink, then the drink takes a drink, then the drink takes you.”  
~ F. Scott Fitzgerald

Although socially accepted and normalised around the world, alcohol is in fact one of the most challenging drugs to interrupt. Withdrawal from alcohol can be very dangerous and, in extreme circumstances, lead to a fatality.

Due to the nature of Ibogaine treatment, we require all those enrolling on the Tabula Rasa Retreat alcohol detox to stop drinking and detox alcohol at least a week before arrival, preferably at an authorised or licensed detox clinic in your home country.

Alcohol addiction is often been triggered by a personal trauma earlier in life. The psycho-emotional healing effected by iboga treatment allows the user to see

more clearly, seize this opportunity for sober living and with Tabula Rasa Retreat's holistic aftercare support, move forward with a more positive life.

If the user has refrained from alcohol for the minimum period prior to arrival they can enter a 7 day or preferably a two week programme and take advantage of our wide range of holistic treatments.

From hopelessness to hope. At Tabula Rasa Retreat you really can achieve that dry future free of alcohol and despair. Ibogaine therapy brings the clarity you need to decide to begin again.

