

# **Ibogaine Client Demographics and Feedback**

## **INTRODUCTION**

Over the past decades the topic of Ibogaine has been one of active interest for many psychiatrists, neuropsychologists, spiritualists, and especially those involved in drug rehabilitation therapies and alternative healing modalities. It is for this reason that Ibogaine usage on drug addicts compared to those seeking a psycho-spiritual experience has been initiated.

Studies suggest that Ibogaine typically have three effects. Firstly, it promotes a massive reduction in drug withdrawal symptoms. Secondly, many users reported that between one week and several months (3-5mo. generally) a distinct lowering in the desire to use drugs. And thirdly, the herbs psychoactive nature is reported to help users and non-users alike in gaining more clarity and understanding out of life and behind their behaviors. (Sandberg, Nick. An Introduction to Ibogaine.)

The following information is based on the demographic profile of those administered Ibogaine HCl in the course of time spanning from January 2006 to September 2009 by Dr. Anwar Jeewa and staff. The major considerations taken are the gender, nationality, age- range and drug history. All information is based on the Screening Questionnaire of the Ibogaine Treatment Center which was directly provided by the client him/herself.

The next section gives a brief history of the development of Ibogaine in Gabon and the United States. After which, will follow a breakdown of the statistical information reported prior to their Ibogaine Experience.

## **BACKGROUND**

As a psychoactive indole alkaloid, Ibogaine is derived from the root bark of the African plant – Tabernanthe Iboga. Commonly grown in Gabon and parts of Cameroon the Iboga root was used for social and religious purposes. Iboga has been used for centuries by the local population of Bwiti, a cult which is a Gabonese religion. (Kaplan, Prof. Dr. C. Life After Ibogaine: An exploratory study of the long-term effects of Ibogaine treatment on drug addicts. November 2004, p.4). It is used during prayers, initiations, while songs are focused on the plant itself, on the gods and the spirits.

In 1962, after discovering that the use of Ibogaine has stopped all his withdrawals and cravings for Heroin, Howard Lotsof began his crusade at understanding how the Iboga plants' properties worked and how they could be of benefit to others with drug addictions. Being first motivated by curiosity, Lotsof began administering Ibogaine to 20 individuals that partook in the use of hallucinogens. Since then, it has been researched and agreed upon by those involved with the administration of Ibogaine, that it does have beneficial properties and thus has an important role to play in assisting one to break free from drug usage. (Alper, Kenneth R.; Beal, Dana; and Kaplan, Charles D. A Contemporary History of Ibogaine in the United States and Europe. pp. 251-252. Academic Press. 2001.)

Today, many parts of the world are administering the Ibogaine alkaloid as a deterrent to continued drug usage.

## THE PHASES OF IBOGAINE

The Ibogaine Experience has been broken down into three phases.

### Phase I – “*The Onset of Effect*” (Usually 0-1 Hour)

Some clients undergo a lowered sense of bodily coordination and feel the need to lie down.

Sense of being separated from body occurs. Buzzing in ears usually begin in this phase.

### Phase II – “*The Waking Dream State*” (Usually 1-7 HOURS)

Visual perceptions start to change, change in time and space. Client feels heavy, visions turn on.

Past experiences recalled with more perceptions in tuned, clients prefer not to converse, insights reached.

### Phase III – “*Cognitive Phase of Deep Introspection*” (Usually starts 8-36 hours after taking Ibogaine)

Intellectual evaluation of earlier life-experiences and the decisions made in life. Clarity and greater objectivity gained, which can last up to one month if not longer. Client may fall asleep during this phase.

## STATISTICAL DATA

The total number of Ibogaine clients received and administered ibogaine HCl are 219. In both the years 2006 and 2009 there were 35 clients seen while in 2007 and 2008 a total of 88 and 61 were seen, respectively.

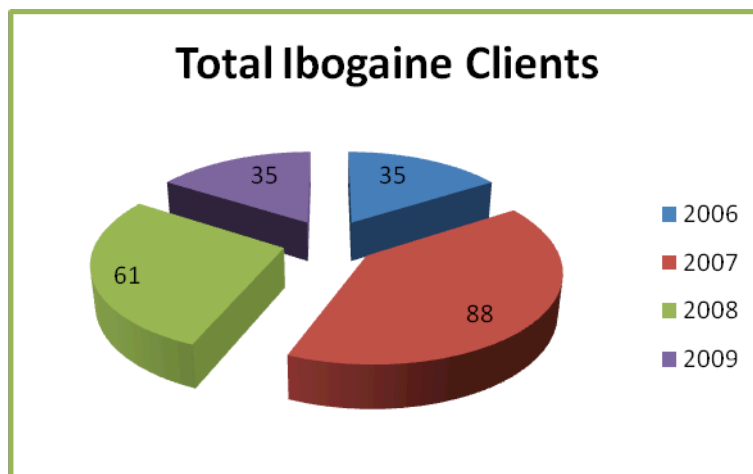
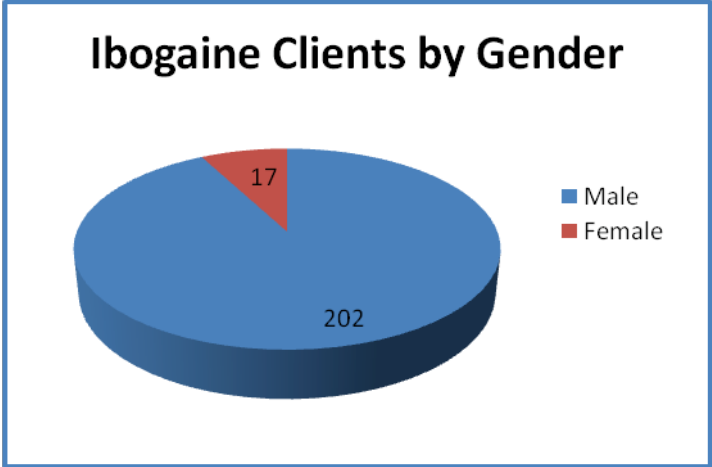


Figure 1: Total of Ibogaine Clients per Year

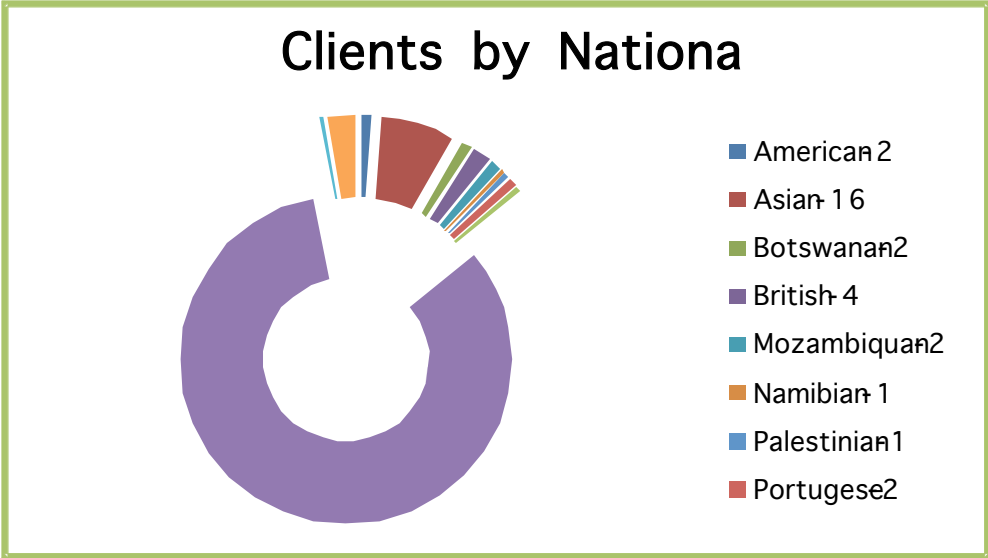
Of the 219 clients, 202 were male while 17 were female.



**Figure 2: The total number of male and female clients administered Ibogaine HCl during 2006 to 2009.**

In 2006 there were a total of 35 clients; 32 male and 3 female. In 2007 the number of clients more than doubled to 88 with 80 of those being male and 8 being female. In 2008 58 clients received Ibogaine, 55 male and 3 female, and in 2009 the numbers dropped back down to 35 clients; 32 of which are male and 3 female. The chart above demonstrates these figures.

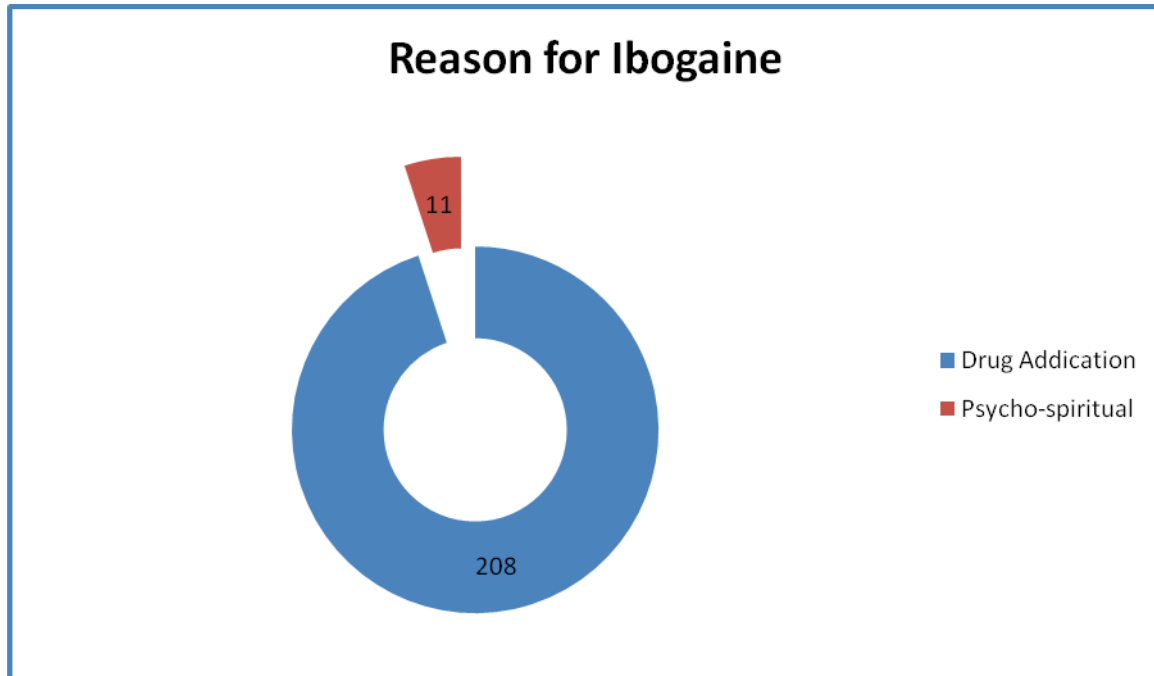
The Ibogaine Experience is one sought after by people from all nations worldwide. To date, The Ibogaine Treatment Center CC has serviced clientele from 12 different countries. They include: Asia, Botswana, Mozambique, Namibia, Palestine, Portugal, Saudi Arabia, South Africa, Tanzania, the United Kingdom, the United States of America, and Zambia. The highest number of clients, 181, is from within South Africa; primarily from the Kwa-Zulu Natal and Gauteng Provinces. Next highest are Asians: 16, Zambian: 6, British: 4, with the rest of the countries having one or two clients each. The following chart lists the 12 different nationalities and the number of clients' total.



**Figure 3: Distribution of the number of Ibogaine Clients by Nationality.**

As you can see, the inflows of clients are mostly from South Africa. This is linked to the main means of promotion; word of mouth as well as viability.

Giving the holistic nature of Ibogaine, not all clients have come to the Ibogaine Treatment Center to handle drug addictions. Many people view Ibogaine as a means to gain more clarity in life, to understanding decision-making processes, or to overcome depression. They come for a psycho-spiritual experience. Out of the 219 clients, 11 meet those criteria. The following chart shows the relationship between those that receive Ibogaine to assist with drug-addiction issues compared to those that receive Ibogaine for more of a psycho-spiritual reason.



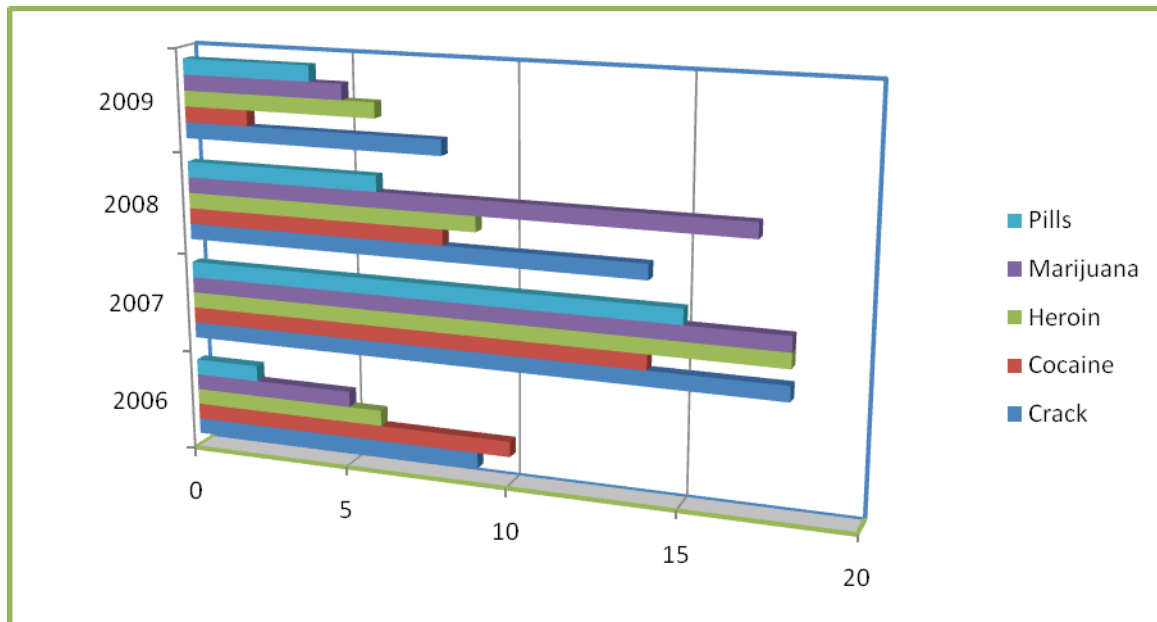
**Figure 4: Number of clients administered Ibogaine for Drugs vs. Psycho-spiritual reasons.**

It was more often than not reported that whether one sought a psycho-spiritual experience or not, they got one.

Given this, those that did come for drug-addiction reasons have been asked the following questions: What is your Primary drug and what is your Secondary drug? The following catalog the drugs mentioned.

- |                         |              |
|-------------------------|--------------|
| a) Alcohol              | g) LSD       |
| b) CAT                  | h) Mandrax   |
| c) Cocaine              | i) Marijuana |
| d) Crack (rock cocaine) | j) Pills     |
| e) Ecstasy              | k) TIK       |
| f) Heroin               |              |

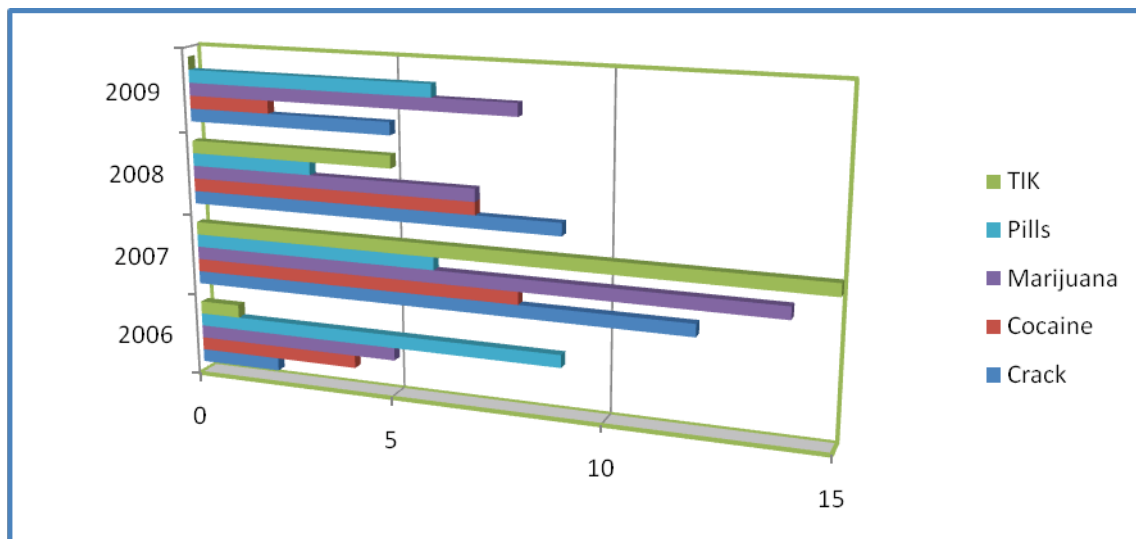
The top five drugs listed as the Primary drug were: Crack, Marijuana, Heroin, Cocaine and pills; 49, 45, 39, 34 and 27, respectively. The chart below lists these.



**Figure 5: Top five drug choices listed as Primary drug.**

In the year 2007 the majority of clients came in for Crack, Heroin and Marijuana usage. Each drug brought in 18 clients each.

The top five drugs of choice as Secondary drugs were: Marijuana, Crack, pills, Cocaine and TIK; 34, 28, 23, 21 and 21, respectively. The chart underneath lists these out.

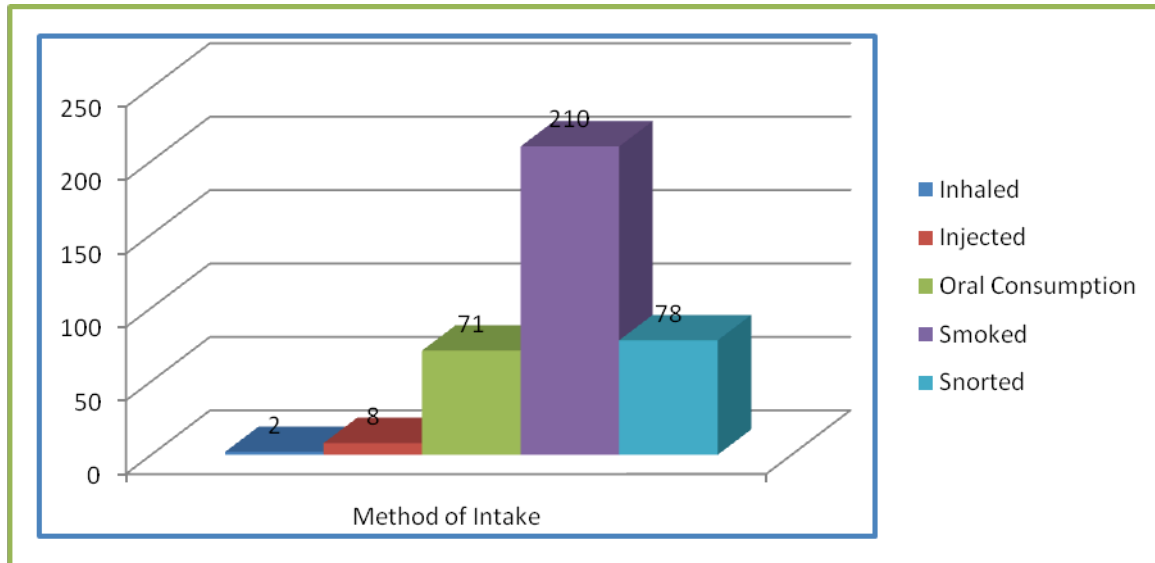


**Figure 6: Top five drug choices listed as Secondary drug.**

As documented, TIK and Marijuana were among the highest drug being chosen as a secondary drug. Per the questionnaires, 18 of the 202 drug users stated that they were poly-drug users; most of which used a

combination of Marijuana with Cocaine, CAT, and pills. It must also be mentioned that out of the pills being consumed, the most mentioned pills are Rolyphenol, Brander, Benzol, Normasen and Brazapan.

The preferred method of intake of drugs was by means of smoking; 210 with a close second of snorting; 78 and oral consumption; 71. Only two clients claimed that they inhaled and eight clients claimed that they injected. It is imperative to note that the numbers of methods used are more than the number of clients due to the fact that many clients used more than one drug and/or more than one mode of using a particular drug.



**Figure 7: The total number of drugs used and how it was taken.**

According to our records and our experiences with Ibogaine, 85-100% of withdrawal symptoms stopped within the first 24 hours of the first dose of Ibogaine being administered. In order to gauge mental and emotional results, a series of questions were asked after the completion of Phase II – normally only after 36 hours of Ibogaine first dosage. These questions were based on the results of prior research affirming the three phases of Ibogaine usage and the history of Western Ibogaine usage. The following chart details the various types of visions and reflects the answers given.

By vision it is meant the mental recall of the mind into past experiences and understandings gained from being in a dream-like state. Not dreams as we define them but as actual visions of the individuals past, present and possible future outcomes as well as symbolic understanding.

### ***PHASE II – “The Waking Dream State” (Usually 1-7 HOURS)***

<b>VISIONS</b>	<b>% Which Favourably Reported Yes</b>
Hearing a buzzing sound	100
Hearing drums	28.6
Seeing TV screens	57.2
Seeing animals	28.6
Seeing deceased people looking alive	28.6
Seeing deceased people approaching you	28.6
Seeing deceased people tell you something	42.9
Seeing deceased people disappear	71.5
Seeing live people	42.9
Seeing live people approach you	57.2
Seeing live people telling you something	14.3
Seeing live people disappear	42.9
Did you see yourself at a very young age? (age: 5-7)	71.5
Travelling through their own DNA	42.9
Seeing objects in intensive colours	42.9
Seeing scenes of violence	57.2
Were you able to exit Visions by opening the eyes?	85.8
When the eyes were shut again, did visions continue?	28.6
Did you prefer not to communicate with supervisors?	28.6
Were visions characterized as complete stories?	0
Did visions have an obvious meaning to you?	57.2
Did visions help you achieve certain insights?	71.5
Are the visions, memories or events from your early childhood?	28.6
Did you experience seeing “energy flow” when moving arms after experience ended? (6-8 hr after)	28.6
Other: No visions	1

Being that it was only one person that did not see visions an investigation was made and it was discovered that that client used Heroin within 12 hr prior to taking Ibogaine HCl. For those that did see visions the following questions were asked:

<b><i>If you had insights, did they relate to any of the following?:</i></b>	<b>% Which Favourably Reported Yes</b>
<b>Your Past</b>	83.3
<b>The Meaning of Life</b>	100
<b>Creation</b>	33.3
<b>Evolution of Humanity</b>	50
<b>Evolution of the animal world</b>	0
<b>Evolution of the Universe</b>	50

From this it is reasonable to say that Ibogaine acts not only on a cellular level but on a mental and spiritual level as well. Most people gained insight into the past while a third stated that they gained insight into Creation. One half of the clients experienced visions involving the evolution of humanity and the universe, gaining some further insight than they had before. It must be noted that those that had more than one Ibogaine Experience reported seeing different visions (different life experiences) each time but of the same nature.

The chart below lists some of the major feedback gained from Phase III of the Ibogaine Experience. This phase tended to begin around the 6-8<sup>th</sup> hour or after a good night's rest, depending on the client. A little more than half of the clients claimed that they had difficulties sleeping while the other half went to sleep for almost the whole next day.

<b><i>PHASE III - "Cognitive Phase of Deep Introspection":</i></b>	<b>% Which Favourably Reported Yes</b>
<b>Did you sleep during introspection?</b>	50
<b>Was your spirit (mind) fully awake?</b>	66.7
<b>Was an intellectual evaluation of earlier experiences made?</b>	83.3
<b>Was an intellectual evaluation of the choices you made in life undergone?</b>	83.3
<b>If a certain choice seemed as the only solution at that point, did you discover other alternatives?</b>	50

The chart above gives great claim to the theory that Ibogaine works on an intellectual level is well validated. More than eight out of 10 clients experienced some form of intellectual evaluation. Whether asleep, in a quasi-state of sleep, half-asleep or fully awake, Ibogaine has proven to be effective in the

alleviation of withdrawals, the stopping of drug cravings, initiates cognitive and rational thinking, brings one back to early childhood experiences, and provides a desperately needed window period for one to gain the basic life-skills for true change to occur.

## **CONCLUSION**

Ibogaine has been in use by the indigenous Bwiti for centuries and in use by the Western world since 1962. It has been beneficial in the treatment of drug addiction and for psycho-spiritual gains. As an herb, it offers safe and effective results that are all natural and holistic.

The three phases documented that most will undergo in their Ibogaine Experience are: Phase I – *“The Onset of Effect”*, Phase II – *“The Waking Dream State”* and Phase III – *“Cognitive Phase of Deep Introspection”*. There is a general guideline that one can follow to assess which phase one is in.

Given the fact that the Ibogaine Treatment Center has treated 219 clients and out of those only one said that they did not experience any visions at all in estimation is a great success. 208 of the clients came for drug addiction reasons while 11 of those came for the psycho-spiritual experience. Marijuana, pills and Heroin were listed among the top Primary drugs to be used, while TIK, Marijuana and pills were listed as the most secondary choice of drug usage. Of those drugs taken, the most popular means of use was smoking.

While all clients reported hearing buzzing, many of them reported seeing TV screens, live and dead people approaching them, as well as seeing visions of early childhood. A large majority reported feeling like they had been reborn as well as having a better understanding into their decision-making process as to why they made the choices in life they did. They also stated that they gained more clarity into the meaning of life and see how their actions affected others as well as on a broad worldly level.

Although not one of the questions documented, it was reported to this writer by some clients that they could actually see the “black” come off them when they took their first shower after Ibogaine. This can be equated with the actual chemicals/drugs coming out of the person’s skin.

Ibogaine has been a success and is still currently under observation and research. The long-term effects and length of success of Ibogaine is currently being investigated.

The following are quotes taken directly from some of the Ibogaine Treatment Clients. Names have been omitted in order to maintain confidentiality.

*“After 22 years of abusing chemicals (heroin), I could not believe how quickly I recovered and felt no cravings.”* - Prior Heroin user

*“It was more than words can explain. It made me realize the pain that I caused to my parents, friends and family members.”* - Prior Crack user

*“It was hectic in that while under Ibogaine I could feel the withdrawals becoming stronger before they went away. And also having visions of the past, how my life was, what I was going through and the current situation. In that way, it was a bit frightening. You see things you never expected to see. You’re seeing it as if in a movie and if you look at it realistically, it’s exactly what’s happened in your life over the years.”* - Prior Codeine dependant

*“I had a spiritual experience and felt I was being cleaned out from all the misery and guilt that I felt for so many years, and now I feel re-born and want to prepare myself for my future responsibility.”* - Prior Crack addict of 12 years

*“It’s a miracle, it’s magical, it’s amazing, and it’s just unbelievable there’s no explaining it. I’ve been through so many withdrawals and I’ve turkeyed most of my life. I’ve tried everything and nothing ever worked. When I took Ibogaine I was reborn and I had visions of going right back to the beginning of life and all the way to present day.”* - Prior Heroin addict of 18 yr, marijuana 21 yr

*“It took me back to childhood memories which were emotional ones; I saw what my parents were feeling, and all the pain I brought them.”* - Prior Alcohol abuser and cocaine occasional user

*“It showed me my faults and what I could have done to change certain circumstances.”* - Prior Cocaine addict

*“I know (now) where I went wrong and how I can now face those challenges in a positive state. I no more have to hide behind drugs in order to get away from problems, but I can face them and make positive solutions in order to live my life the way God intended me to live it.”* - Prior Crack addict 10+ yr

*“The main conclusion was that I could be happy with family instead of without them.”* - Prior Poly-substance user

*“I can not explain why, how or what happened with my experience apart from the fact that I believe it is just a miracle.”* - Prior Heroin Addict

*“I woke up with no withdrawals, no cravings, nothing!”* - Prior Heroin Addict

*“I felt areas in my head that were damaged to chemicals, that after two weeks I can feel the change in my head physically. It grew and developed.”* - Prior Poly-substance abuser: Ecstasy, Marijuana, Heroin

*“It is like a miracle drug. It virtually takes away your cravings, just like that!”* - Prior Pill-poly user

*“I got to a point in my life where I was so tired and physically just worn out and depressed and thought, ‘there’s no hope, there’s no hope. I had no expectations. I’ve tried so many pharmaceuticals to get off drugs and those didn’t work. So I figured, why not try Ibogaine. It gave me my life back. It gave me my life back.”* - Prior Heroin addict