



**THE SPECTRUM
OF HEALTH**
— P O D C A S T —

Podcast Session #71

Psychedelics and Kambo for Chronic Illness

With Caitlin Thompson

In this episode, we meet with Caitlin Thompson, a Kambo practitioner and founder of EntheoZen. If you've ever wanted to understand the power of psychedelics, this is the episode for you. Caitlin conducts independent scientific research on the potential of psychedelic compounds as a novel approach to autoimmune conditions, as well as the first human kambo studies. Her greatest passion is sharing her healing journey and using it to inspire and empower others with the knowledge that everyone has the innate ability to heal themselves.

For more on Caitlin, visit www.entheozen.com

Dr. Christine Schaffner: Hi everyone, welcome to the Spectrum of Health Podcast. I'm Dr. Christine Schaffner, and today my guest is Caitlin Thompson. We're going to be talking about healing the psycho-emotional origins of chronic illness with psychedelics and Kambo. After conquering her own battle with depression and anxiety, neurobiologist Caitlin Thompson set out on a mission to share healing tools and empower other individuals to take their mental wellness into their own hands. During her healing process from Lyme disease, chronic fatigue, PTSD, pain and a plethora of autoimmune symptoms, she founded her nutritional supplement company, EntheoZen, in an effort to bring the importance of nutrient therapy to light in regards to mood health.

00:40 DS: She's also a practicing medicine woman and is a certified Kambo practitioner. Caitlin is an independent scientific researcher and is conducting research on the potential of psychedelic compounds as a novel approach to autoimmune conditions, as well as the first human Kambo studies. Her greatest passion is sharing her healing journey, and using it to inspire and empower others with the knowledge that everyone has the innate ability to heal themselves. I hope you enjoy this conversation with Caitlin. I learned a lot. Some of my patients have been bringing their work with psychedelics and Kambo to me, and I'm super interested and curious if this can be something that can accelerate your own healing journey. I hope you enjoy the podcast.

01:20 DS: Welcome, Caitlin. I'm really excited to do this interview with you today.

01:24 Caitlin Thompson: Thank you, it is such a pleasure to be on your podcast. Thank you for having me.

01:28 DS: Absolutely. Your story is so unique and you have this intersection of healing from chronic illness, acknowledging trauma, and then also using this still under-utilized form of plant medicine to heal trauma. In the US I think there's a lot more awareness, especially in the realm of psycho-emotional healing, where people are starting to talk about psychedelics. There are certain organizations who are trying to fund research, and more and more of my patients are asking about my opinion and sharing their experience. So I really admire your journey and your willingness to share and to do this work, and I'm really excited to dive deep into this topic today.

02:07 CT: It's absolutely wild how much the therapeutic use and medicinal exploration of psychedelics has exploded. Even the last five years, as someone who's been kind of in the psychedelic space for a little bit now, I've just seen this rapid acceleration of interest by the public, by researchers, by spiritual teachers. I mean it's culturally, I think, really becoming quite popular as far as an idea that people are starting to explore.

02:45 DS: And it's so great to have alternatives, right? I mean, as someone who sits with patients with chronic illness every day, I just see this explosion in anxiety, depression, and people having more of an awareness of trauma. Talk therapy of course has a place in healing, it just doesn't always have that transformational experience we all want for people to truly heal and be able to move on and become whole and be able to really integrate that experience and heal from it. So I think this is really powerful medicine that of course we want all of our patients to experience--this form of deep, profound healing, so they're not suffering. So I'm really curious, as we dive into this topic, if you

can share a little bit about your story and how you came to psychedelics to heal this part of you.

03:31 CT: Absolutely. I started exploring with psychedelics as a young adult, like in my beginnings of college, like any curious young person would, and in the beginning, it was just me being curious. I think actually a lot of people end up stumbling upon psychedelics in that way, where they're just a young, exploratory person trying things out. And what I had actually accidentally discovered was that my regular psychedelic use had been mitigating chronic health symptoms that I was completely unaware that I even had.

04:16 CT: So, it all started in my undergraduate degree, I was, I think, maybe in the fourth year or so of my undergrad, and up until this point, I had been pretty regularly going to festivals and events, taking psychedelics like LSD, psilocybin mushrooms, and I had even started drinking ayahuasca at that point. I went to Peru, to Iquitos, and did a retreat. And then my last semester or so year of college, you know, my classes were hard. I was doing an undergraduate in neurobiology, and I took a step back from the partying and decided to focus on school and really crank out this last year. And what I found, like clockwork, was that around the seventh to eighth week after my last psychedelic experience, I would start to kind of gradually mentally unravel.

05:16 CT: I would become increasingly anxious, I would become increasingly depressed and agitated and in pain, and my sleep quality would suffer, and it happened every time. It took three or four instances for me to finally connect the dots. And what I actually discovered was that I had some sort of chemical and physiological imbalance that was emerging as these primarily psycho-emotional symptoms at the time, and I had actually been effectively mitigating

them with regular psychedelic use. That was really fascinating for me, and that actually led me down a whole rabbit hole of looking deeper into the scientific literature on mood disorders, and I accidentally stumbled upon this spiraling health journey where I discovered that I actually had a lot of chronic health issues like PTSD, chronic fatigue, some gut and central nervous system infections, gut dysbiosis, food allergies.

06:33 CT: All sorts of words that we use to describe things that we commonly see in people with chronic illness, and so in some way, psychedelics actually helped me realize how it wasn't normal to be tired and sleeping 14 hours a day as a 22-year-old, it wasn't normal to be in chronic pain all the time. It wasn't normal to have dry skin and digestive issues. So in some ways, psychedelics led me to finding my own health and vitality. Of course, they were not the only tool, I want to emphasize that, but they I think were the original window into a life that was full of more vitality and health.

07:19 DS: Thank you for sharing. That's so interesting that you studied neurobiology in school and then, of course, your whole life experience is really teaching you the power of this medicine. We'll get into how psychedelics heal trauma and heal our psycho-emotional health. However, you make this connection about how the psychedelics were also therapeutic for some of the maybe underlying causes that might have been triggering anxiety and all of these insomnia, all of these feelings that you shared. Can you talk a little bit about the medicinal or the botanical benefit to heal infection or help the body detox? Or, what you found in your own journeying in your work, about how psychedelics can actually be a therapy in that way?

08:10 CT: Absolutely, I actually just submitted a literature review on this topic to be published, because it turns out that psychedelics actually do have a lot of evidence for very biochemical ways that they can modulate the immune system and inflammation, they can actually maybe interact with microbes which has a lot of implications for chronic infections and microbiome balance, it's quite fascinating. And one thing that's quite unique about psychedelics is that they seem to be multi-faceted in that they do not only address things in these biochemical mechanical ways, but they also address things in these psycho-spiritual ways, which, the deeper we investigate, the more we realize those things are very much related. It's not that woo-woo, it's actually very explainable by understanding the biochemical downstream mechanisms of stress, which is what trauma ultimately causes for people.

09:17 CT: So yes, there are a number of anti-inflammatory agents. We've seen that LSD, for example, reduces some of the inflammatory cytokines while increasing anti-inflammatory cytokines. We see the same thing happening with 5-MeO-DMT and NN-DMT, where they're activating the Sigma-1 receptor, which is a highly modulatory pathway for some basic cellular functions like cell apoptosis and mitochondrial function, which are one of the first things to go awry in these chronic inflammatory conditions. And we also see that there's a very good likelihood that psychedelics could be interacting with our microbiota. We don't know this for sure, this is highly speculative--nobody's looked at it, but we do know that bacteria in our guts, they excrete things like serotonin and other neurotransmitters as signaling molecules.

10:34 CT: It's kind of up for debate whether they're signaling molecules or they're just metabolic by-products, but I personally believe that there's evidence that they're actually signaling molecules, so they can communicate

within these population dynamics in the gut. And they actually have the ability to take in serotonin to their cells. There's a transporter that's somewhat homologous to SERT, which is the serotonin transfer that we see in animals, so bacteria can take up serotonin.

11:07 CT: Now, these psychedelic compounds are serotonin analogues typically. So they have a very close molecular structure to serotonin, and so there's a high likelihood that these serotonergic psychedelic molecules that bind to serotonin receptors in animals are also likely able to be transported into bacteria through this serotonin transporter similar type protein that they have. Now, we have no idea what that means, what the implications are, but what we do know is that serotonin can influence the growth and population dynamics of certain endogenous gut bacteria--hopefully your listeners are able to make the inference that the microbiome is such an influential pillar in determining whether people have chronic health symptoms or the development of autoimmune diseases, etcetera.

12:14 CT: I find all of that incredibly fascinating, and we're just barely scratching the surface looking at how these things can biochemically mitigate things like pain, inflammation, immune dysfunction, or even the presence of chronic infections perhaps in the GI tract, where it's very much a fuzzy line between a population that's part of your ecosystem versus a population that over grows and is considered a low-grade chronic infection.

12:46 DS: Oh, that's fascinating. Thank you for diving into that. With modern life, all of our gut microbiomes, even if we do everything right, unfortunately, we're affected by the environment, and primarily glyphosate, which is the active ingredient in Roundup that can effect our gut bacteria's production of our

precursors to serotonin, and so I feel like a lot of people are serotonin deficient, and that's why we see these rises in depression and anxiety and so forth. And with that being said, as you're sharing these fascinating therapeutic effects, and I know you're speculating, but to get the benefit, do people have to microdose daily or is it something where you can have an experience or an encounter with a plant and that can shift the terrain and shift the course, so it doesn't have to be done daily to get the therapeutic effect?

13:43 CT: Honestly, I'd be lying if I said that I knew. We just don't know scientifically speaking, because we're in the infancy of research, but I think the answer can actually be both really, depending on the individual's needs. I think sometimes having a cathartic healing psycho-spiritual experience, for example, drinking ayahuasca and maybe having this experience where you forgive your mother for being an alcoholic and not showing up for you as a parent, and that helps you unwind this deep physiological pattern of trauma that your body has been holding on to, that your nervous system and your immune system have been holding on to. It's possible that could have very immediate and dramatic resulting cascades in your physiology and just in your spiritual body, and alternatively, I can see something like microdosing a psychedelic like LSD or mushrooms every other day or every three days or whatever protocol you're doing, I could see that also having incredible immune modulating effects and anti-inflammatory effects, while also slowly helping you arrive at a space where you're more centered on an emotional and spiritual level.

15:08 CT: I think very much our emotional work that we do is intimately tied with the state of our physiology, and I think sometimes we can't actually do our emotional processing until our physiology is resourced, because I think when we're in an inflamed, oxidized, stressed and depleted state, our psyche

will actually protect us from our emotional pain because it doesn't feel that it has the resources to mitigate perhaps the oxidation or the inflammatory effect of coping with the pain. So sometimes when our bodies are not resourced properly, it'll protect us from accessing these deeper memories or ideas that we're protecting ourselves from.

16:02 DS: Thank you for sharing that, that's great. I know this is such a pioneering field, we have so much to learn and so much to discover, but I think you've brought up lot of great points there. We already dove into trauma and how that can affect the body and it was a beautiful description of how, when you really come into touch with that and heal that, how that can have a physical effect. We do know there is research to show how trauma and childhood stress really contribute to chronic illness. Have you found in your work that that's a risk factor for having a chronic illness?

16:39 CT: Yes, absolutely. There's actually been a fair amount of research looking at ACEs, which are adverse childhood experiences, and the connection between them and the development of specific illnesses, including chronic illnesses, like autoimmune conditions. We see this very intimate link between the score with which someone could basically measure the amount of trauma that they had as a child, and the correlation of their likelihood to develop some sort of chronic condition. We see in women with fibromyalgia...I forget the exact percentage, but I think it's about 60% to 70% of women diagnosed with fibromyalgia have also reported incidents of childhood sexual abuse. That's kind of an enormous number when you think about it. Why are so many people that are afflicted with these autoimmune conditions also showing up with these childhood traumatic experiences? It's so undeniably

connected that I think we really need to pause and take a moment and consider these things when we're approaching treating a chronic illness, and it's quite explainable by science.

18:13 CT: Like I said earlier, yes, there's a spiritual sort of perspective that I could incorporate and that I definitely identify with, but it's really quite simple that when you have a chronic stress response, there are a number of consequences to our physiology, we have dysregulated autonomic nervous system function, the HPA axis is all wonky and your vagal nerve tone is impacted, which is undoubtedly going to affect your ability to digest and extract nutrients from food, your ability to fight infections, and your ability to nourish your own organs and body, because we're not designed to be in a chronic stress response. When we experienced stress as wild humans, we would run from the lion for a good two minutes or whatever, and assuming we escape, then that's the end of our traumatic stressful encounter. We're not designed to be running from a lion every day, five days a week, 40 hours a week, from our boss, in a chronic stress response.

19:27 CT: And when we're in a stress response, the first thing that the body does is shut down the non-essential acute processes that we don't need to save ourselves and run from that lion immediately. We don't need to really worry about digesting food when we're running from a lion, that's not important at the moment. We don't need to worry about a chronic infection that could fester and kill you in a week when we're running from a lion. We don't need to worry about any of those things because they're long-term goals that the human body has and those things aren't important in the eyes of our physiology when we're running from a lion. So because of our modern human

lifestyle and the presence of trauma, we have really sort of adapted to this lifestyle that we're not evolutionarily designed for.

20:22 CT: And so you start having these chronic stress consequences from trauma, for living in an abusive household, from being yelled at every day, from not feeling supported or nurtured by your mother, etcetera, and you start to develop GI issues, you start to develop a low immune system, you start to develop nutritional deficiencies because you're not properly producing bile and extracting nutrients from your food. And then next thing you know, you're spiraling down into a state of imbalance and dysbiosis where your symptoms can look totally different depending on your unique biochemistry and where your weak link is in your genes. And that is how chronic illness develops, in my opinion, is it all starts with some sort of original trauma that compromised a person and made them a sitting duck for infections like Lyme or Epstein-Barr, and they just kind of cascaded down this spiral.

21:32 DS: Thank you, Caitlin. That's an awesome explanation for a lot of complex interactions of how emotions affect our physiology. I'm in firm agreement with you in that there's typically some trauma that makes us susceptible to all these things, just like MTHFR, what have you. These things can affect our epigenetic vulnerability to becoming sick. And often, I believe our bodies are a barometer, and our bodies are these amazing physical beings that are a barometer for our emotional and spiritual health. If we can think about our life and our physical health in that way, I see people really embrace their healing and their journey from this whole other perspective. You were touching on this, this trauma that gets stored in our physiology and it's subconscious. Obviously, we don't have a lot of these conscious memories or ideas, or some people do, of course, but why this is so insidious and can be hard for

people to heal is they don't see it. And so it's about working with a healer or a form of medicine that can awaken people to these subconscious thoughts, programs and trauma, to then identify another way of being so that they can heal. And so psychedelics are a way to really release this emotional suppression and also tap into these subconscious stories.

23:02 DS: So can you just walk us through that? I would love for you to start sharing your work with specifically the plant medicine Kambo. I've been playing around with how to say Kambo, but if you could intersect that into the explanation as well, I'm very curious.

23:24 CT: Absolutely. I just want to add one thing about how psychedelic compounds can actually open us up and scramble the holding patterns that we have in our neurology, in our psychology. There's this brain circuit called the default mode network, and it acts as a filter for sensory information so that we don't have to take in the entire resolution of what's in our environment, we can just take in what we deem important to process and to create an understanding of our environment and how to interact with it. So it filters out stuff that's not important. And the psychedelic compounds, they disrupt hyper-connectivity of the default mode network. And when you have hyper-connectivity of the default mode network, you end up ruminating. You end up having this rigidity in your thinking and your thoughts that results in rumination. And you see this hyper-connectivity in people with addiction, with depression, with PTSD. So psychedelics kind of take your brain like it's a snow globe and shake it and get it unstuck.

24:44 CT: I think that's one of the ways that it can facilitate us just escaping our own rigidity of our minds, and that's one of the ways it helps us be open

to approaching our trauma and our perspectives in different ways. Now that being said, I will transition into Kambo. Kambo is actually not a plant medicine technically speaking, it comes from an animal, it comes from a frog in the Amazon called *Phyllomedusa bicolor*. And it has become one of my favorite things to talk about, to share, to study, because it is just so incredibly fascinating. And it is the skin secretion from the frog, *Phyllomedusa bicolor*, that is indigenous to the Amazon. And it's been used traditionally by a number of different Amazonian indigenous groups for hunting magic and improving their warrior stamina and hunting abilities, but also as a medicine for things like malaria, snake bites, and something called, 'panema' which is like a dark funk, like when you're getting a little lazy or depressed or whatever.

26:02 CT: Panema is this funky dark energy that it can clear, allegedly. And it's applied through these superficial burns made on the skin. It's not taken orally or anything, because it's so incredibly potent. And within 30 seconds of this secretion being applied to the superficial burns made on the person, it enters through the lymphatic system, so it has very rapid effects. And the secretion is full of peptide molecules that have anti-inflammatory, anti-cancerous, antimicrobial, and immune-modulating properties. And actually, a lot of them have been taken and had synthetic analogs created, and these are being patented and turned into drugs in conventional medicine because it's like a powerhouse factory of medicine in there.

27:00 CT: So what's interesting about Kambo is that it's not only these peptides that have a measurable medicinal value, but there is this cathartic spiritual experience that this substance can induce that is quite fascinating. I also want to note that Kambo is not a psychedelic, it's not a hallucinogenic com-

pound, it's not Bufo toad medicine or 5-MeO-DMT, that's a completely separate creature, literally. It's a non-hallucinogenic experience, and therefore it's currently unscheduled in almost all countries, so it has legal status, which is why I'm talking about it as a practitioner that provides it. I witness people go through these cathartic, intentional, psycho-emotional experiences with this substance, and I watch it unwind the patterning of trauma in their nervous systems, in their immune systems, in their digestive systems, in their whole body. And it's quite fascinating, and even sometimes people will come to me to sit with that substance, and they say, "Well, I just want the detox," or whatever.

28:24 CT: They have some very specific physical interest in it, they don't identify as a spiritual person or anything like that, and this medicine ends up tricking them into having spiritual experiences. It's so funny, actually. They'll come in for their physical detox and then at the tail end of their experience when they're sort of coming down, and they're laying, and relaxing, they'll start crying about something their mother said to them when they were a kid. And they'll have this whole experience about resolving these old childhood memories and whatnot when they had zero intention to. I've seen that many times, actually. So it's quite fascinating how a chemical substance can actually really get to the interface...It can access the interface between the soul and the body, and help us come into alignment and reset our spiritual embodiment and how that interacts with our biochemistry.

29:37 DS: Beautiful. And I didn't realize it is basically not classified as an illegal substance.

29:48 CT: Unscheduled.

29:49 DS: Unscheduled. So that it's accessible, right? Because there are obviously plant medicines that we've mentioned that are not legal in certain places, so people have to go outside the country to experience the work. But this is really accessible, which is really, really exciting. So, walk us through the logistics. So somebody wants to experience this, they want to work with someone like you, is there a preparation to experience the medicine? I know with other plant medicines, you have to do some type of cleansing, or you have to be worried about what other prescription pharmaceuticals you're on. What kind of preparation is needed?

30:29 CT: So first, I will say that there is no ayahuasca dieta preparation and actually, if people are doing that type of preparation, it can hurt them specifically in regards to abstaining from salt. So Kambo is a purgative. You are going to drink a bunch of water before your point is applied, before the substance is applied, and you will vomit, you will purge, it's part of the cathartic experience of letting go energetically. And also, cleansing bile out is a great way to physically remove these bile-soluble compounds like toxins and such. But yes, you do not want to avoid salt. It actually can kill people to be on these ayahuasca dietas where they're avoiding salt and then do the Kambo because they get hyponatremia, which is simply an electrolyte imbalance. It's that you run out of electrolytes and your cells swell up with water and become hypotonic. It's very avoidable with making sure you're consuming salt and having regular monitoring by your practitioner for water consumption. But you can do your own sort of intention setting or if you want to eat cleaner leading up to the experience, that's totally fine.

31:57 CT: Now, what's great about Kambo is it doesn't have the same sort of drug interaction risks as something like ayahuasca, for example, where you're taking a monoamine oxidase inhibitor. So for this reason, I find that Kambo is quite accessible to people that are on a number of pharmaceutical agents, especially SSRIs or SNRIs or a benzodiazepine or drugs like that. And of course, you have to be careful and delicate with those people, but they're not at risk of any sort of blatant, acute drug interaction, which is great because sometimes people want to start their healing process, but they can't do ayahuasca because they have to wean off of their drugs first. So for this reason, I find it incredibly accessible to most people. It's legal, you can be on most medications while taking it.

32:55 CT: As far as choosing a practitioner, a lot of people have different styles of how they practice this medicine, and I think different practitioners are going to call to different populations of people. For example, I tend to naturally attract a lot of people with chronic illness because I have a very gentle approach and I go quite slow and easy, whereas another practitioner might attract people that are looking for this warrior, strong, cathartic experience that helps give them clarity in life or whatnot. I think the most important thing to consider when choosing a practitioner is your safety, ultimately, and that they're going to listen to your needs and make sure that they're going to be able to intuitively provide the best experience for you. Now, for me, I would say always make sure that your practitioner is going to administer a test point on your first administration, because there are rare, rare incidences where people do have extreme reactions to the Kambo. And while we generally don't see a lot of accidents or anything with this substance, it's actually incredibly safe, considering how outwardly violent and extreme the experience can look, it's actually physiologically quite safe when administered properly.

34:25 CT: However, your practitioner should always administer a test point before putting a full dose on you. And also for people with chronic illness, I find that they tend to be more sensitive because they have all sorts of infections, they have Lyme, they have Epstein-Barr, they have herpes infections, and so they tend to have extreme die-off symptoms, Herxheimer effects. And so I think you have to be especially gentle with that population. So make sure your practitioner is doing a test point. Also, make sure your practitioner is monitoring the amount of water that you're drinking. You should not be drinking excessive amounts of water leading up into your ceremony. You should only be drinking about 1-2 liters of water in the 10 minutes before you get your points put on, just for purging purposes. You're not trying to hydrate, you're literally trying to just have it in your stomach to make purging more easeful and smooth for you.

35:28 CT: So do not drink excessive amounts of water, do not abstain from salt, and make sure that your practitioner is doing a medical screening on you. Make sure that they're asking you questions about your medical history, about what medications and drugs or supplements you may be on, because there are a few contraindications that can be seriously dangerous. You should not be taking Kambo if you have a heart condition or a history of heart attack or heart surgery, with some exceptions--stents seem to be okay, if you've had stents put in your heart. If you had an aneurysm or a stroke, you definitely shouldn't be taking Kambo because there are vasodilation and constriction effects happening, so you could potentially have like a rupture of something, if you have an embolism or something like that. You shouldn't take Kambo if you're pregnant, etcetera. So make sure that your practitioner

is screening you for those important contraindications to make sure that you're safe.

36:24 CT: And then some people have more peace of mind if a practitioner is certified with an organization. I think the people that are certified tend to have a more formal structured safety education in their practitioner training, which I think is valuable, but I don't think someone has to be certified to be a good practitioner that's safe. So I would say those are my best tips for choosing a practitioner that's going to keep your safety and your well-being in mind.

36:58 DS: Excellent. With the chronically ill patients who have Herxheimer reactions or even--I see a lot of sensitive patients who have some type of mast cell activation or excessive histamine in their body, would that be a contraindication, or do you just have Benadryl and an EpiPen by you just in case? What's your experience with that?

37:20 CT: As someone who has mast cell activation themselves, I eat nuts and I get lesions on my hands, I'm personally exploring that. We don't generally see anaphylactic situations. As far as I'm aware, there have been zero documented cases where somebody is experiencing a histamine-induced anaphylactic shock situation. There is some lymphatic swelling in the face, but it doesn't appear to be a histamine response. So I don't have an EpiPen, and I think actually, you could potentially harm someone by using an EpiPen because there are adrenaline-stimulating compounds in the Kambo secretion, so I think you could actually potentially harm someone by using an EpiPen inappropriately in this case.

38:16 CT: That being said, I'm not sure, and there's no research on any of this. I haven't seen any insight into how these things may affect the histamine response. I know some people report that they actually have reduced histamine activity. And that could be due to managing chronic systemic infections, it could be due to microbiome changes, it could be due to nervous system changes that influence the microbiome and thus histamine production. We just don't know. And I've had questions myself about, is the Kambo contributing to my personal mast cell activation or was that just because I lived in a moldy house for years and years of my life? It's really hard to say. But I will say, I've never witnessed anyone with mast cell activation necessarily getting worse or having an acute emergency intervention or anything of that sort, but we just don't know.

39:24 DS: Thanks for sharing that. That's really interesting that you are experiencing that within your own body and have had success with this medicine. I appreciate you sharing that. How long is the experience that somebody embarks on when they take Kambo?

39:43 CT: The actual effects of the substance are quite short, it's about 20-30 minutes. And it feels like you have terrible food poisoning or stomach flu for that time, and then there's a recovery period and you might feel a little goofy for a few hours or whatever, but people are generally able to safely drive home 2 or 2 1/2 hours after they show up at my house and start the ceremony, so it's quite quick. It does not incapacitate people, in general. You can feel quite wiped out and sort of lethargic from it, but not in a way that's going to make it unsafe for you to operate in the world. People go to work the next day, they resume normal activity, because it's not a mind-altering psychedelic substance. It's like 20-30 minutes feeling sick, then you rest a little bit, close

the ceremony, make sure you're good and then drive home. It's really quick, actually.

40:44 DS: Oh wow, I didn't realize that it was that short, that's super interesting. I know these topics can go deep, but I really wanted people to just get an overview and an understanding, and you've done such an excellent job explaining science to peak people's curiosity. For those people who are listening out there, do you have, in your experience, an ideal person who really should seek this medicine out, or any insights around that?

41:15 CT: To be honest, the entire chronic illness population, which tend to be these undermethylators, the people with the MTHFR variation, they're the perfect candidates to get the most out of this medicine, I would say. They thrive so much with this substance. I can speak personally and also from witnessing so many of my chronic health condition clients that this substance, it provides upward traction that I've never seen any other substance provide. I'm a huge advocate of supplements and diet and fasting and mindfulness and yada yada. But as far as bang for your buck, this stuff is a powerhouse. It just works better than anything that I've ever seen, to be honest, and I think that it's particularly useful to people that have these chronic inflammatory conditions, that tend to be low in neurotransmitter production, that tend to have maybe even metabolic disorders. There's kind of a bio-type that I see of people that develop those conditions and also really get the most out of Kambo as a medicine. So I think that population is really well suited to get a lot out of it.

42:41 DS: Thank you for that. Caitlin, as we're wrapping up, you also created a nutritional supplement line. Can you share a little bit about your journey with that and what you've created?

42:53 CT: Yes, of course. It's been wrapped up in my journey with psychedelics too, which is in part why we have such psychedelic undertones in the name of the company and such. And it's called EntheoZen, and in addition to psychedelic or Kambo substances to help people heal, I really do believe in nutritional intervention, because nutrients actually are really important for a lot of basic nervous system functions and brain health. So we have two main products. One is called Transcend, it's basically a natural alternative to an antidepressant or an anxiety medication, and it's designed to resource and rebalance the nervous system so that you can bring yourself back into homeostasis and have emotional resilience. And then we also have a probiotic for brain and mood health, which I think is a really neat product. It's specifically got different species of bacteria that have been studied for their importance in the gut-brain axis and doing things like helping you produce neurotransmitters like serotonin, dopamine, acetylcholine, and helping balance the stress response and connection between the nervous system and the gut.

44:11 CT: So those are great adjuncts. If you are going to explore plant medicines and psychedelics or Kambo, I find that they are really great supplemental tools for helping support your whole body health, and especially created with conscientiousness about those with chronic illness, because I know sometimes, we as that population need supplements that are effective, yet gentle. So they're very well-tolerated supplements. And if anyone's interested, you can look on my website, it's entheozen.com. We have those products for sale, and I can also offer a discount code. If you want to type in

SPECTRUM, you can get 15% off on your order at check out. It's worth exploring. Soft sell, definitely only consider it if it feels right to you.

45:11 DS: Thank you. I was looking at your products and they look really wonderful. So thank you for sharing that. And then Caitlin, how can people find out more about you and your work and how to work with you?

45:22 CT: If you're interested in learning more about Kambo specifically, then you can go to my Kambo website, which is medicinefrogkambo.com. You're also welcome to get in touch with me through my EntheoZen website, which is my supplement site. So either of those are great ways to connect with me if you want to share what's going on for you or ask a question, I'd be happy to help and connect in any way possible.

45:56 DS: This was so excellent and you're a wealth of knowledge, and you're speaking from this deep, profound level of experience, I can tell, and I really appreciate your passion for this and for educating people. I'm all for helping people heal in the most elegant way possible, and this just seems like a great tool that can accelerate people's healing on a deep level, so thank you for your time and for sharing all this wonderful information. We'll have all of the information that Caitlin shared in the show notes so you can find out more about her supplements and her website and how to work with her. So thank you so much, Caitlin.

46:35 CT: My pleasure. It was so much fun to share about all these things I'm passionate about, so thanks for having me.

46:41 DS: Of course.