

**THE SOLO DIY DHC complete DETOX IN 3-4 WEEKS
with assisted Ibogaine micro dosing.**

By A. Dafftee September 2018

Introduction

So Major Tom was a Scottish guy who had an extensive 20 years, (roll train spotting highlights with music) experience in using & detoxing from opiates of all sorts, some may call him a masochist and he probably was or just a glutton for fire. Some speculate, it was his self reliance and ability to live in isolation with lack of concern for the normal connections that average people desire and need; which created such a long term journey for him.

Regardless his experiences discussed here will no doubts prove useful for some.

Whether it was drugs or adrenaline in one form or another he always had a form of “madness” around him (toys for his daemon). So I pass this, my attempt to document, “his method” forward to anyone who has the drive and determination to succeed, free yourself and take back your life. This is just in the vain hope it works for even only one other person, then it will be have been worthwhile. This method might be suitable for anyone who cannot or does not want to flood dose Ibogaine and should be further adaptable too...like most things.

All the very best of luck in grabbing your life back, sincerely. A. Dafftee.

"Addiction is the opposite of connection"

Foreword: you will need the following attributes, skills and stuff:

1. The patience (under fire and delusion) to test and record accurately, ones experiments both methods and their outcomes. Sadly, if it doesn't kill you, enough years stuck in a world you want out of will give you that.
2. A reason to fight, your back must be as far in the corner as it takes for you to come out like a lion.
3. The major started walking and going to the gym long, before he attempted this , so if able you will need to build yourself up as much as you can whilst dropping +/- switching opiates. He also started watching a lot of motivational /psychology/philosophy videos. **Don't forget your head has been in the bin for a long time, so it will take sustained effort to reprogram it.**
4. Going to the gym x3 times a week and being able to march for one hour, sometimes 3 times a day, have been keystone new positive habits in this case. So build yourselves up as best you can me hearties, at least for a few months and "peak" in your rattle month.
5. A short supply of methadone and as much **Dihydrocodeine** (DHC) as required. Preferably the Sustained Release version, Tom mostly used 90mg and 60mg DHC continus time release (SR) tablets, but the normal 30mg IR (instant release) are handy too. Some pure, 100% Ibogaine Hydrochloride, at least one gram to be sure and for back up doses if required.
6. As you may notice the Major did not procure a sufficient stash of Benzodiazepines or Gabas of whatever variety before commencing his journey. So to save hating your sources make sure you get them in advance. 100mg diazepam or 60mg nitrazepam will go a long way in the transitional and ibogaine periods.
7. **Keep a diary**; you must record your progress so on days where you feel weak you can see it clearly, one cannot deny logic. The major plotted graphs so he could quickly see his progress and couldn't deny it would be longer and far worse to go back. Also, if there are any patterns too, then you have a better chance of seeing them.

8. Before detoxing it's good to establish positive keystone habits (*see point 4. above*) you could do worse than lookup the "improvementpill" youtube channel, he has many good videos including a free full course on how to beat addictions amongst many other motivational videos.
9. Tom used Liv52 + milk thistle 1¹ throughout the process especially when micro dosing ibogaine, you too may want consider this.
10. Endless supply of water, you WILL get thirsty using ibogaine.
11. If your body is like his, LOTs of fruit.
12. Someplace quiet to lie down, you get really tired on ibogaine.
13. Something to pass the time internet is good. Books may be better.
14. Cheerleaders, friends, or family! Although, as ever Toms journey was done in relative isolation; anyone routing for you is a god send.
15. A GREAT PLAN to re-take and rebuild your 2nd chance at life, do NOT underestimate the value of this. NB/ the basics are a start !! plans evolve ☺
16. Immediate after care for another month, the major recommends a month long trip to some place humbling. The road will toughen and sharpen you up while teaching you some truths about who you are right now. If you are lucky you will appreciate this so much you disdain luxury & privilege on returning home. Stay on this path. Finally you need some GOOD LUCK ☺

¹ NB// Milk Thistle and LIV52 are Liver supplements.

Chapter 1

So I'll give you a brief run through of what it took to get through Major Tom's own journey/ordeal in mostly, his own words.

His recent using history was usually an odd bag or two a week on top of DHC mostly but he used to switch in methadone sometimes in an attempt to keep his system from becoming too attached to any one thing. **FYI:** Methadone has a long t-half life of 24 hours, which means that after taking a dose Xmg, every 24 hours afterwards X drops to x/2mg.

- So for example if you start on 50mg at 6pm Monday
- Tuesday at 6pm you will be on 75mg (new 50 plus the existing 25mg left over)
- Wednesday 6pm 87.5mg (50 + 37.5mg left over),
- Thursday 6pm 94.75mg (etc)
- And thus, Friday 96.875mg (voila!)

Why did I choose a 5 day period? Well it normally takes 5 t-half lives to reach steady state. Sorry to all those who thought their dose IS their dose BUT alas it is NOT! As you have just read you may as well double it.

The significance of long half lives becomes particularly important when you try to get off opiates using Ibogaine. To reduce the incidence and severity of PAWS (Post Acute Withdrawal Symptoms aka break through symptoms) it is recommended to switch to SAO's (short acting opiates). Yes in some cases this means going back on the gear but really, NOT to fear. So say good bye to your methadone, subutec/x and Suboxone (yuck , wtf , why ??? big pharma you truly are evil).

So if you have been on a LAO (long acting opiate) you need to procure a stash of SAO's big enough to switch back or the PAWS will give you trouble. Beware this step is essential, so you MUST get hold of enough of whatever one (strong enough) to do the trick. You may want to use the swapping period to test your mettle? [But this shortcutting is NOT recommended] E.g. DHC is not strong enough to hold a serious heroin problem but "IF" you can hang in there during the transition you may indeed have what it takes and this can be a shortcut.

However, ITHO you should be willing to go as long and hard a route as it takes, disdain the ideas of shortcuts altogether!

Do not mind the SAO doses in the swapping stage, the goal is to just hang on in there and make the switch to weaker version opiates. It would seem prudent to use your limited ibogaine against a weaker opponent, if at all possible.... right??

Metaphorically if you like, this journey is essentially, kind of like a 15 round fight with Sugar Ray Leonard and he has beaten you up how many times now? So something ... something has to be different this time?

What else, REALLY...this time? Mindset, you need to BOSS the fight!!!

So, if you are attached to outcomes, not determined or not brave, then the many loops in this journey will most probably throw you off, be aware the finishing line keeps moving away off into the future.

You need to have patience & determination in abundance and focus to stick to the process. It is a constant mental battle, so you often get dips in will power, forewarned is forearmed.

Even so called “weak” or low efficacy Codeine with its’ *high* receptor binding *affinity* (see wiki reference LOL below) is a miserable, long drawn out, albeit ...subjective rattle.

Every step forward is a, “we’ll wait & see” duck and dive move to keep your metabolism guessing what’s coming next? A quick boost? A slow creep up or an extended period of abstinence? And is often followed by what seems like a step backwards.

A wiki reference for geeks:

“[Affinity](#) is how well a drug can bind to a receptor (Fast/strong binding = higher affinity). [Efficacy](#) is the relationship between receptor occupancy and the ability to initiate a response at the molecular, cellular, tissue or system level. In other words, efficacy refers to how well an action is effected after the drug is bound to a receptor. In pharmacology, a high efficacy usually means that a drug has worked since the drug caused the receptor to metabolise a certain compound extremely well. Therefore, it makes sense that a drug's effectiveness or potency is affected by how well the drug can bind to a receptor, affinity, and how it is able to cause a reaction in the receptor when bound, efficacy.” If the reader wishes to go further into the subject perhaps this footnote² may suffice.

In other words although DHC is not the most effective aka strong, it just hangs on in there.

² <http://www.uky.edu/~mtp/pharmacodynamics.htm>

You are about to enter the dead zone but with luck, determination and above all belief that your soul can and will escape from this, “the cocoon of the poppy”. To finally re-emerge as the butterfly you truly still are.

Cheerleaders, wow yeah I imagine they could help enormously, Tom had one by online proxy, she was enough for him, thanks Jennifer you stuck by him through thick and thin from afar. 😊

If you have some real friends around or in any capacity helping /willing you onwards, that would be great. Have faith you will be free in one month if you follow this method exactly and IF you do Not you should at least have a record to reflect on which will be the blue print to freedom next time.

1.1 Immediately Prior Background

So here is what, “the major” did. One week after he had “a session” with an old pal he decided that’s it. This meant that in reality he managed to find enough focus only after another mad week of binging on and off. Two weeks to come to the definite decision!! But as you should well know this is nothing abnormal for an actively using addict.

According to Tom, he had been using the DHC more on than off for at least 3 years, convinced when he could cut down enough to go on holidays, (sometimes without being sick much if at all) that he was still in control.

However, it was always a threat and in other times it took hold,

“The Chains of Habit Are Too Light To Be Felt Until They Are Too Heavy To Be Broken”. Warren Buffet

So eventually, began the first night in earnest and he took 75mg methadone. Bearing in mind its’ pharmacokinetic long T1/2 life of 24 hours; he was adamant to always immediately drop any methadone dose he ever started on.

No matter how much smack he could get his hands on; around 75-80mg of methadone was always enough to get through a day/night. Normally by day 5, he would be down to around 15-20mg without torturing himself too much. For sure some trying to follow his protocol may be of the opinion the man is a sadist? I suggest though, the longer you spend in those soul destroying trenches the more mental stamina to the horrors is built. Do not however, become entrenched as the truth is (As is stated here as the purpose of this very document...you must do it in one well planned and executed run...) escape velocity is ESSENTIAL!!

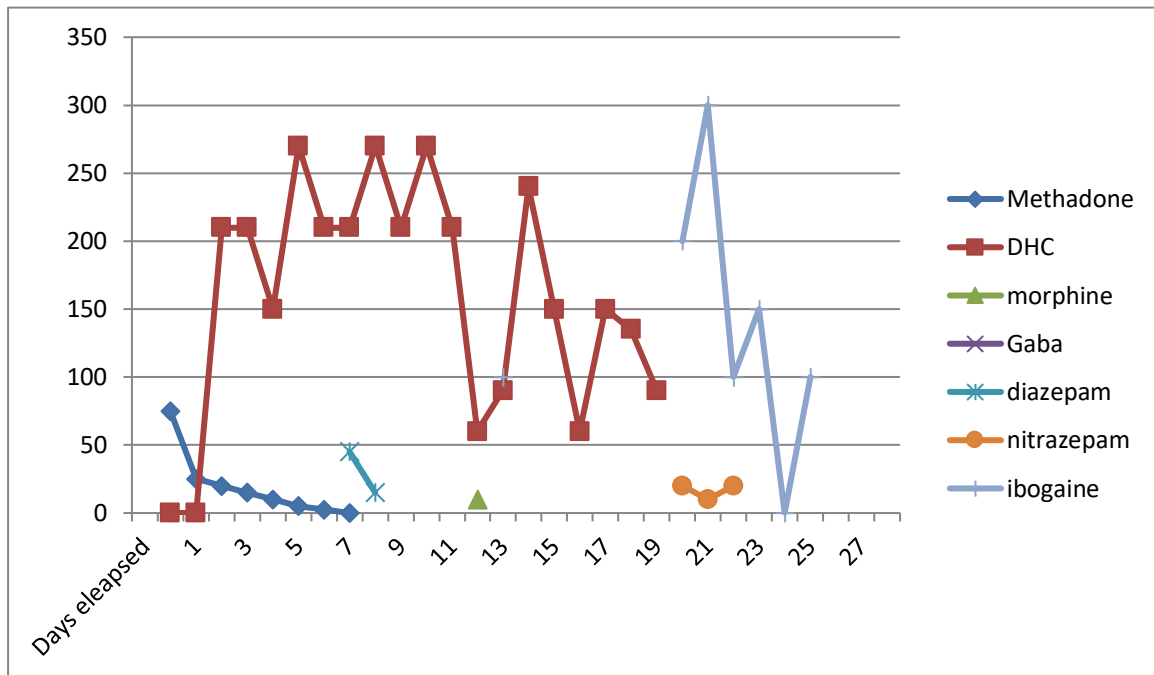
Anymore than 80mg of Methadone, in his opinion, you are probably deluding yourself or at the very least, setting yourself up for a serious long haul problem.

So the first week was about changing to methadone and dropping it as fast as possible.

NB/ during this first two weeks he reached the peak of his gym cycle and did a minimum of one hours marching cross-country every day. This often became 3 times a day when the fight got hard and he went to the gym without fail.

Chapter 2

The Diary records. The following are the mostly sparse entries during the acute detox phase of the process; which include thoughts, attempts to record the experience etc.



NB// i could not be bothered taking the time to make great graphs , but you can see clearly from the table results alone-just click on the edit graph property. I also failed to plot Gaba & pre-Gaba but you can do it by reading the story ..if you must.

Thursday 28th June 2018

75mg of Methadone. Let the journey commence.

Friday 29th June

I can't believe I've woken up so sick at 7am after 75mg ?and I wondered if there was something else in the shitty street smack I had been using?, but I still took only 25mg today.

Saturday 30th June

I woke early and took *10mg* at 6am and *10mg* and started *90mg IR DHC* at 9am, also later i took *120mg IR DHC* at 3pm. I was rough but felt good enough after to want to do normal things so I went out that night and just drove around places. So far so good. ☺

[Total 20mg methadone & 210mg DHC].

****[**BTW/** don't get too caught up in total dose figures as you will see the numbers and forms lead a merry dance on the way back to earth. When I look at my dosage reduction v's time graphs I always visualise a leaf falling but drifting along in the air currents, now & then often spinning in the wind turbulence, to a patient enough observer though, it eventually hits the ground.]

Sunday 1st July 2018 –dose times****

I took 60mg IR DHC and *10mg* methadone then another *5mg* , 60mg IR DHC and a *90mg* SR DHC. The SR or time release, factor is very useful so that my body begins to get used to “trickle charges” or slow tidal rises not big instant spikes & the associated chaos, (this pondered me to theorise my “receptor tidal dose factor” but yeah that's another story). Diary says my sexdrive coming back already but just minor bursts of activity in comparison to normal. ☺ *[Total dose for the day came to 15mg + 210mg DHC].*

Monday 2nd July

I woke at 6am took 5mg methadone and again another 5mg at 7.45am. Diary says: around an hour and a half of rattling (being sick) until its level has raised high enough to stop it. Trying to think of ways to distract myself from how hard this is right now. 2pm I take another 90mg SR DHC plus 60mg IR DHC.

*[Total dose 10mg Methadone & 150mg DHC] * DHC dose slowly coming down?*

Tuesday 3rd July

Took 30mg IR DHC at 3.30am before sleeping and a 90mg SR DHC at 8.30am. I feel much better and don't want to take any more methadone but then thankfully logic kicks in and I decided on shivering at 10am to take the 5mg , 30mg IR DHC and another 90mg SR DHC, then at 10.30pm a final 30mg IR DHC.

[Total dose 5mg Methadone & 270mg DHC] * and dose back up but big time gap, don't get jumpy here if this happens!!

Wednesday 4th July

Woke 2:45am and felt shivers but managed to get back to sleep awoke 6am and at 6:26am I took the last 2.5mg methadone + 30mg IR DHC & 60mg SR DHC, then at 8am another 60mg IR DHC. Diary says so far I seem to be coming softly back to earth (ha-ha) but that's not how I remember it. By 13:36 I had another final 60mg SR DHC.

[Total dose 2.5mg Methadone & 210mg DHC]

NB//**Last day of methadone !!!** So as one can see, one of the first goals here is to switch onto DHC from the initial Methadone; as its dose is decreased, DHC is increased with the intention of finding the minimal dose to alleviate symptoms. So it is a simultaneous process of switching down in strength and from LAO to SAO to ensure the methadone cannot have any significant effect on break through PAWs after Ibogaine administration has begun. There is no 'fun' involved this far into the process. Your overlap maybe quite different so be careful not to lose sight of the facts here.

*and back down again. Patience is a virtue; draw a graph so you can jolt yourself out of weak moments with good old logic ☺

Thursday 5th July

Woke 3am sick took 60mg SR DHC and back to sleep woke 8:30am and took another 60 SR DHC I'm a bit rough but trying already to drop from 90mg SR's to 60mg SR's... 10am and flapping a bit I took 30mg IR DHC to see if I can find my level. Not enough so by 10:30 am I consume a third 60mg SR DHC.

Diary says: I can definitely feel the methadone leaving my system, so now the battle changes to fighting the urges to overdo the DHC. Quite a tough day so went to a 'friend' for diazepam and took 45mg. Diary also says: it wasn't a worst day by far but BAD ENUFF!!

[Total dose 0mg Methadone & 210 mg DHC, 45mg Diazepam]

I could have been trying to cut too fast here the DHC seems to have hit a plateau but I repeat **YOU GOT TO BOSS** the fight!! So much so you should have this determined mindset for a good while afterwards, like you just crawled out the jungle after weeks and with a thousand

yard stare, type scenario.

The benzodiazepines are here to help (as long as you don't have a "taste" for them too, if you do so sorry but I can't help) as are GABA & Pre-Gabalins, the latter especially so it would seem.

So by any and all means keep going forward and not a single step backwards, one step sideways can be ok, if need be as you will soon see. Note I did not take anything from 10:30am all day. The dosage interval is important too, obviously the longer you can go the better and you should be pushing this too within reason.

Friday 6th July

The diazepam has been a very welcome temporary reprieve of a sort. I awoke feeling good with NO Symptoms so to be safe I took 90mg SR DHC + 5mg Valium @8am and 60mg IR DHC at 9am.

Diary says: definitely much better, then at 14:40 60mg IR DHC + 60mg SR DHC + 5mg diazepam and also says I don't know why I've taken so much diazepam because it is making me sluggish. So back to war tomorrow, 8:30pm took the last 5mg diazepam tablet.

[Total dose 270 mg DHC, 15mg diazepam] * back up again but no symptoms, no worries. Just a quick temporary mental reprieve, hang in there ☺

Saturday 7th July

Woke very tired and a bit sick at 3am so I couldn't remember if I took a 60mg SR DHC or not, so I took one @ 9am then later on another 60mg SR DHC + 60mg IR DHC. I then promptly fell asleep at 4pm. I have super sore muscles from training and at midnight felt sick again so went to sleep with a last 30mg IR DHC.

[Total possible dose 210 mg?? DHC] * ☺ Down again

Sunday 8th July

Despite the 30mg at midnight I awoke again sick at 6am and promptly took 90 mg SR DHC (I know I had made the jump to 60mg's, so this was factored in (a moment of weakness?) by feeling and in an attempt to keep the opponent [my metabolism] guessing.) + Also a 30mg DHC IR.

Diary says: I'm losing a wee bit faith but still determined, the graph of the dosage drop V's time allows me to see the progress when will power dips in times like this, so I persevere. Beginning to think more sanely, I reflect that the diazepam tablets helped a lot but I don't like the way they slow you down.

Remembering the idea of codeine v's morphine receptor site affinities (another moment of weakness?) I allow myself to run with the idea and decide to try to take a sideways step. At 8:38am I took 10mg IR Morphine. The diary says I have been thinking about taking another 5mg methadone since Thursday night but I managed to dodge going backwards by allowing myself a wee side step. ☺

Total = **6am** 90mg SR DHC + 30mg IR DHC, **8:38am** 10mg IR Morphine, **1:15pm** 90mg SR +30mg IR DHC. **10pm** 30mg IR DHC, **00:25am** 60mg IR DHC.

*[Total dose 10mg Morphine & 270 mg DHC] *back up*

Monday 9th July

8:30am 90mg SR DHC, + 60mg IR DHC, 1:30pm 60mg IR DHC. In the gym I had a poor workout but I met big Davie and he gave me 2 preGabalin capsules saying they are good for withdrawals. Diary says I must have made progress finally after a few tough days, days full of doubts? But I never gave in to them I held true somehow?

[Total dose = 210mg DHC, 200mg preGabalin] and back down ☺again.

Tuesday 10th July

For some reason I initially thought this was day zero but aware it may just be a "good day" or that those preGabalin were still in my system. I watched some BBC documentary on drugs which seemed to help me gain some more clarity.

I again think of the boxing match analogy to my current situation, am I indeed in the 14th round? And can I go for the risky but fatal head shot and KO this fucker out?

So yes I'm gaining confidence but I decide to keep to my reduction plan and only take 60mg SR DHC @ 15:25. Diary says: the rattle is tiny now and I can handle it but it is a big drop from 210mg to only 60mg.

Diary goes on to say: I'm not attracted to the relief of the doses and I'm steeling myself and slightly disgusted by the DHC itself. It also goes on to say but it's cool, I am being careful and meticulous to the very end. Bragging about "ain't no mofo out working me" and various other emotional outburst like statements as I toiled away at my torture.

Last one says "I FUCKING NEED THIS SALVATION + I'M bloody well hanging on to it" with a wee tiny note nb/ "was important to push ahead here" ☺

[Total dose = 60mg DHC] and back down ☺again.

Wednesday 11th July

Woke @ 5:50am and took 30mg i.e. ½ of a 60mg SR DHC @ 7:30am , says quite tough day but I'm sure I'll forget it , so still making progress and hanging in there. I took 30mg IR DHC @ 9am. NB/ today is exactly one week from the methadone step off point. Diary says: I just ran the numbers on a graph to see my usage decay and it made me realise I was being a bit impatient, no real surprise there though , I mean when you have one of hells monkeys on your back right !!?

Took the other half (30mg) of the morning 60mg SR DHC tab at 11:15 AM, so that I was getting used to a slow 30, a fast 30 and another slow 30mg. Taming the beast slowly ever so slowly but with occasional up waves from the IR tabs to stop any pattern for my body to adapt to and also to deal with any waves of paws on the fly.

At 14:30pm I succumb perhaps to impatience but regardless I make the decision to try a simple test dose of ibogaine of 100mg, (trying for the 14th round KO, I thought about yesterday) this does NOT go well at all.

Such a tough day too it says, yesterday another mug-off but I never fell for it. I just tried a gambit today that didn't pay off but I wasn't too invested in the outcome regardless. That mindset is very important because the road is winding and the finishing line keeps moving

ever further away into the future and randomly. So hang in there, all is not lost me hearties. I guess some cheerleaders at this point would have been just dandy.

[Total dose = 90mg DHC + 100mg Ibogaine.hcl] and back up ☺again. Ouch Ibogaine lesson. ☹

Thursday 12th July

I wake up really rough, who could have known such a small dose, could have such an effect? I remember trying to reach out for more diazepam or something, anything but in vain and being angry about being denied by a so called friend.

Says I don't know why I feel so lonely, struggled on as per usual. It is becoming routine and even if I have months of this ahead of me... walking miserable around my local woods sometimes up to three times a day I'm so far in now I don't care, I cannot will not go backwards despite this minor setback.

Diary says: **Horrible 4/10 experience.** 0:23am 30mg IR DHC, 8am 60mg SR DHC + 30mg IR DHC, 10:20am 30mg IR DHC, 14:30pm 60mg SR DHC, 15:30pm 300mg GABA, 16:20 30mg IR DHC. So by the doses one can see it rocked the boat fairly wildly so I was lucky to ride out the waves. Be careful you don't want this too soon. Once you pop Ibogaine you can't stop.

[Total dose = 240mg DHC, 300mg GABA]

Friday the 13th

This is a traditionally lucky day for me, always has been so no worries. Awoke 5am had coffee and vitamins 90mg SR DHC + 300mg GABA, 11am 60mg SR DHC, 5pm 300mg GABA. Not an ordinary day for me I spend time watching Feynman lectures on youtube ... I also reflect on the 20 years mark since my first real habit began and all its implications ...however I determine I want to play life as straight up as I can from now on.

Diary says: my pal who blanked me for diazepam is dead to me so I am obviously still angry at him, even though he had no clue what I was going through. Debated flooding Ibo v's the 11am 60mg tab but decide to stay on track.

Bossing this fight for ALL 15 rounds mofo!! it says. Not missing a trick, this is magic. Got

exposed to users today but did not flinch, felt sorry for them. NB/ had a great work out today for some reason. ☺ Progress comes in small ways.

*[Total dose = 150mg DHC, 600mg GABA] *down and ...*

Saturday 14th July

Woke up needing to pee at 4am, felt sick and so promptly took a 60mg SR DHC, says now 7:30am and I am mood swinging but it also says, this is another MUST BE A WILL POWER DAY!!

*[Total dose = 60mg DHC] ...down**

Sunday 15th July

Awoke 2:20am needing to pee and sick so took 30mg IR DHC and then 90mg SR DHC @6am , 2x 300mg GABA@8am, and finally half a 60mg SR DHC @ 7pm. Diary says: my arms are finally solid muscle again , them and my lats from Friday are still sore and my calves are showing some promise. I feel good with the pain and go for a walk, trying to do stuff to keep busy. I fell asleep at approximately 3-4pm and woke 7pm HUNGRY, been sore all weekend. ☺ I am also at the peak of my training cycle at this point.

*[Total dose = 150mg DHC] uP**

Monday 16th July

Awoke 2am and had half a 60mg SR DHC, then a fragment @4am , later at 6am another whole 60mg SR DHC, 8am – another fragment, 6pm another fragment, and another @9pm. I'm definitely making some progress now. Starving + still sore, I really have been training hard in the gym, it is all adding up. This was the last workout today at the peak of my gym cycle and I quit here to focus fully on the ibogaine part of the process.

*[Total dose = 135mg? DHC] and Down**

Tuesday 17th July

Awoke at 2am (sick) to pee but somehow managed to sleep again, back up 5:30 am and took ½ a 60mg SR DHC. Diary says: I think I have taken my foot off the gas since Friday so I'm going out a walk half reluctant but pressing onwards anyway. I'm doing anything I can to

stretch time out, so that I only take 60mg SR DHC and in the hope it can get me through to the next day.

Diary says: the intensity of my symptoms have dropped by 90%? Whether or not that is true I cannot say but occasionally on the journey you can be happy +/- optimistic and you grab what little you can.

At 9am I took the 60mg SR DHC then walked an hour then took 2x 300mg GABAs @13:37. They do indeed help the situation, like a kind of reduction crutch that helps steady your progress, new one for me but just 1 or 2 gets the thumbs up here.

NB/ I have these odd, '28 days later' (a film) "zombie shakes" where my head just shakes and shivers while I gasp. I allow my imagination to run with the analogy in my mind for a wee while. Yes it could well be I am developing an immunity to my own 'never ending night of the living dead' virus. Imagination can get you through many different kinds of tough mental times; you can even twist boring so much as to make it almost fun. However, I am completely focused and just want this job done and dusted for good.

Oh mistress Codeine you truly are a nasty bitch, you sure hung in there doing your best to make me miserable, adios indeed Amiga. It was at this point I reflected again that a morphine detox may have indeed been easier. Needs must and it was easier for me to obtain sufficient supplies of Dihydrocodeine to ensure I could endure the full process.

*[Total dose = 90mg DHC+ 600mg Gaba] Down**

Wednesday 18th July:-ibogaine day 1. 200mg

Diary says: Slept a bit better and even managed 5 hours of the CT's³. Looks like I have finally decided it's time to turn and take the strain, cha-cha-cha changes...

I know I can make it and it is more than 24 hours since my last 60mg SR DHC. So as my first test dose of 100mg Ibogaine.hcl increases in my blood stream, a strange battle begins to unfold within me.

Diary: wow its weird

Having a much more sober mind my higher cognitive functions begin to try to stutter into life again. I think I am beginning to pick up all kinds of intuitive signals and realise, "universe

³ CT is being sick, rattling aka Cold Turkey

how I have missed you so very much, thank you so much that after 4 years of calling for help, you finally came to my aid.” I decide to write ‘intuitive thoughts’ down & feel guilty when I miss the chances but I know I’m only in alpha-testing stages, there is a lot more to be completed before I can say anything like job done here. Some things just cannot be done in this stage. Diary says: I took another 100mg and I have procured some pre-gabalins and nitrazepam.

[Total dose = 200mg Ibogaine.Hcl, 20mg Nitrazepam]

Thursday 19th July:-Ibogaine day 2. 300mg Peak Ibogaine dose!

I awoken at 2am soaked in sweat and needing urgently to micturate, when I stand up a thumping head ache kicks in almost immediately. Ouch wtf? Right ok then, here we go.

Diary says: I automatically thought it had failed but then think I have maybe some kind of food poisoning?? Obviously I was very dehydrated ☺

Diary says: On a scale of 1-100% PAWs I am < less than 10% which is the same as I said another way a couple of days before so I’m kind of rambling but still positive and that is the main thing. I took a paracetamol and a 5mg nitrazepam tablet to crash for just a few short hours more before getting up to it is now or never for sure! Round 15 is finally...here ding funkung ding, let’s be having you!! Hey Sugar, check this bolo punch man, having fun now punk? Huh, HUH???

[Total dose = 300mg Ibogaine.Hcl, 10mg Nitrazepam]

Friday 20th July: - Ibogaine day3. 100mg

All diary says is, “I had a mad, mental dream where I attacked a monster on an altars face using my teeth”. Mad, quite mad ha-ha. I remember thinking my body was telling me I had been on a high a protein diet for too long and so I switched to a fruit & water only diet which seemingly worked surprisingly well. I suppose it makes sense from a Liver metabolism POV, i.e. less metabolic work and stress.

[Total dose = 100mg Ibogaine.Hcl, 20mg Nitrazepam]

Saturday 21st July: - Ibogaine day 4. 150mg

I only have 150mg of Ibogaine today but I am feeling quite high from the stuff that has accumulated in my metabolism over the last few days. I decide to go a small walk after 10pm but hear music calling to me to its party. I was tired but suddenly I now feel 30 years younger and immediately decide to set off in search of this party. My journey became one of parts (short story? lol) ultimately culminating in me finding both new and existing friends of mine in the party, having a fun and interesting night. Big up good party people you know who you are. Again I had lots fruit and water today, only that. Great lesson and adventure with a positive ending was perfect actually.

Sunday 22nd July 0mg

I get up after the party feeling so good that I decide to not take anything more.

Monday 23rd July 100mg

I wake up with some PAWs so decide to take another 100mg of Ibogaine & 300mg GABA. Booked my ticket to Asia today, finally feel close enough in strength to go do it, wow.

Tuesday 24th July to Thursday 26th

I tough out whatever minimal residual symptoms (if any) that were left and get on the plane to Bangkok, and know stage one is complete at last. “Ashes to ashes, now for the dust and wanderlust, fun to funky the major is no longer the devils monkey”. ☺

Epilogue

Major Tom was lucky enough to be able to leave his situation immediately once able. He spent the next 5 weeks immersing himself in new strange environments that demanded he constantly made decisions and take actions. The road toughened him up, sharpened his mind and focus, helping him to finally begin to function fully on both higher and lower cognitive levels again. Constant intuitive thoughts became the norm again and every day he began to feel normal, happier and grew more self reliant and confident in every way.

Asia was to leave a lasting effect on him this time, this time he was going to suck up everything the trip had to offer and he did just that. Everyday his new mindset and growth continued at a rapid pace soon reaching its first in series of many small epiphanies. Finally he could laugh, smile, look people in the eyes and engage fully with them again. Happiness and positive feelings so long lost, they were at first almost unrecognisable. Emotions seemingly impossible only a short time ago were back. It is a miracle... one which now started, cannot and must not be stopped.

Now the real hard part begins, 12 years of growth to catch up with ... 12 years of life gone, never to be lived again and all the implications and consequences to be pondered and accepted in one way or another. Faith seems to be the most important thing; everything will work out in one way or another, one has to trust in the process. Most importantly one needs routine and balance which continuing in the gym, joining TKD, badminton and working ensures is possible. Internet is a BIG distraction and time waster. Tom is moving on again, another reinvention, but this time hopefully as more of a smooth operator, as the song goes.

After the Trip and the return home

This next part is probably more complicated and you will need a lot of patience .. you have a real chance now , TAKE IT!!!! Start by laying down rules for routines which cannot ever be broken , keep fit and eat well. Beyond the scope of this document