



NATURE'S PHARMATROPIA

Healing with nature

RAPÉ

Usage, Dosage & Benefits

www.pharmatropia.com

Sacred Shamanic Snuff

For thousands of years, indigenous tribes of the Amazon have been using herbs and plants to alleviate and heal ailments of the body, mind and spirit. Each herb and plant is purposefully and mindfully administered to bring about balance on a physical, emotional and spiritual level. **Nature's Pharmatropia Rapé** has been sensitively sourced and carefully selected so that the essence of the healing medicine is preserved and accessible to those who most need it.

This Sacred plant medicine has become increasingly important in our modern world as the wisdom carried by it can help to bring renewed vitality to our lives.

Rapé is considered to be one of many sacred medicines from the Amazon that are used both to overcome physical, psychological and emotional blocks as well as gain tremendous insight into other, subtler worlds. However, it is essential that we understand how to engage properly with these medicines, so that we can obtain maximum benefit from them, and commune with them in a respectful and honoring way as indigenous cultures do.

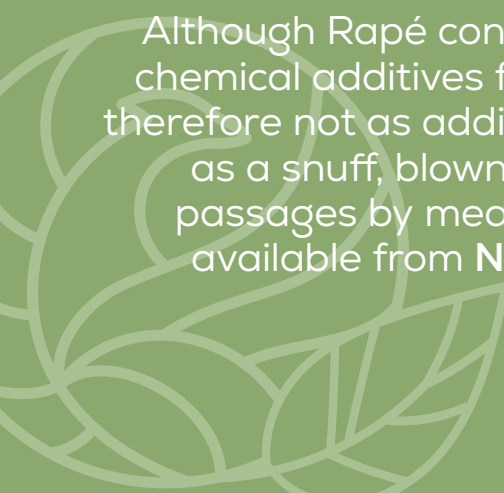
What Is Rapé?

Pronounced “*ha-peh*” or “*rapay*”, Rapé is a fine snuff (powder) made from ground-up medicinal and sacred plants, including parts from tree bark, leaves, seeds, and various other plants. The exact recipe has been guarded by shamans and used mainly in Ceremony since time immemorial.

Shamans use rapé to re-align with their energy channels, connect with their higher self, and to deepen their connection with the natural world.

Rapé also contains *Nicotiana Rustica*, a type of tobacco that is different from the tobacco *Nicotiana Tabacum* used in cigarettes. The use of tobacco in these cultures has been very different to the use of it around the globe as it is considered to be sacred medicine.

Although Rapé contains nicotine, it lacks the chemical additives found in cigarettes, and is therefore not as addictive. Rapé is administered as a snuff, blown directly into the nasal passages by means of special pipes also available from **Nature's Pharmatropia**.



Physical Effects / How it works

When Rapé enters the nose, it immediately permeates through the mucous membranes and into the bloodstream. The constituents attach to nicotine receptors, resulting in increased production of dopamine, acetylcholine, and epinephrine. These chemical processes cause the person to feel relaxed and calm, yet aware and alert.

Rapé can help improve overall health through releasing and forcing out the toxins and other unwanted waste products from our body. Since the process allows the body to release physical tensions, it leaves one feeling relaxed, peaceful and grounded. It therefore purifies the system and in this way, it strengthens immunity.

When using Rapé you should close your eyes, breathe slowly, and focus on your intention. When your mind releases what it needs to let go of, you create mental space to fill with positive energy, and your body will follow suit.



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Additional benefits

- Rapé increases blood flow to the brain and stimulates the release of several neurotransmitters, which heightens alertness, uplifts mood and sharpens one's mind. It gives an overall sense of clarity, allowing you to think and focus better.
- Rapé has a restorative effect on sinuses and respiratory system by removing blockages from the breathing pathway; clearing mucus, bacteria and congestion.
- It is believed to help release negativity and confusion, enabling a grounding of the mind and a release from unwanted distractions.
- Rapé provides a sense of calm, which, when used on a regular basis, can lead to an overall change in mood. It can therefore help relieve the effects of depression and improve mental wellbeing.
- Rapé can be used in conjunction with other treatments for addiction.



How to use and administer Rapé

Rapé can be self-administered using a triangle-shaped pipe – Kuripe. The dosage may depend on the kind of rapé being served and the individual's needs, but for beginners a pea-sized amount is a good starting dose for each nostril.

HERE ARE THE STEPS TO SELF-ADMINISTER RAPÉ THROUGH A KURIPÉ:

Have a bottle of water nearby, as well as tissues for blowing your nose.

Find a comfortable place to take your Rapé. The energy surrounding the use of Rapé should have the feeling of ritual and intentionality.

Ground yourself in the present and focus on your intention.

Measure out the amount of snuff you want to consume on the palm of your hand.

Load up the nasal end (longer end) of the Rapé applicator with half the amount on your palm.

Tap the V end on a hard surface to remove any stuck snuff or air pockets.

Take a deep breath, place the mouth end (shorter end) of the pipe into your mouth and fit the nasal end snugly into your nostril.

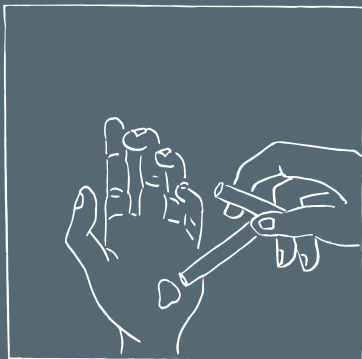
Lean forward a little, close your eyes, and forcibly blow the Rapé into your nostril.

Take a moment to feel the first dose.

Load up the nasal end of your Kuripe with the rest of the Rapé on your palm and administer into your second nostril.

Finally, ground yourself in the present moment and allow your consciousness to connect to nature and to the healing plants in the medicine.

Repeat if necessary.



What to expect from your Rapé experience

Most people experience watery eyes due to the sensitivity of the nose, and also because Rapé works as a cleansing medicine for many.

It happens quickly and often feels like a jolt, yet it typically doesn't cause anxiety or fear.

People may also experience crying, extra salivation and sneezing. When self-administering it is possible but unlikely to experience slight dizziness, nausea, or the need to have a bowel movement. If this does occur, it is normal and part of the process, as one of the effects of Rapé is to cleanse and purify the mind and body.

Rapé brings you to a place of acute attention and awareness. The mind becomes quieter, negativity clears out, and emotional tensions release.

People often feel more grounded during the experience, allowing them to clear up confusions or discomfort about an issue they may have been experiencing.

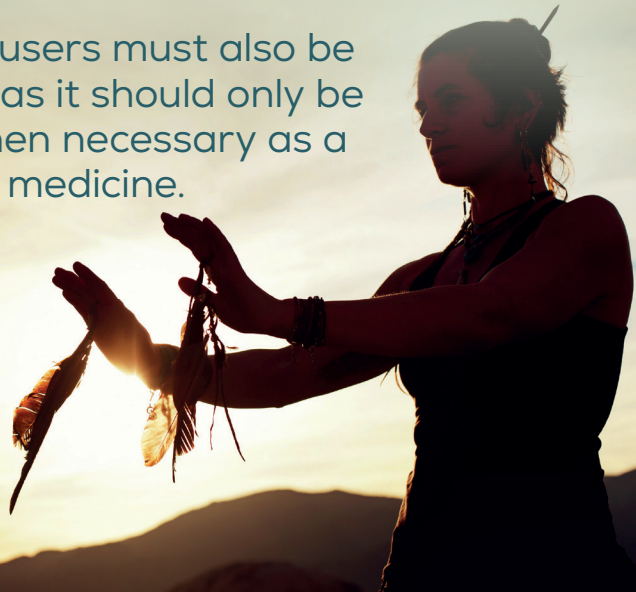
Care instructions

With frequent use, many may find a slow build-up of toughening Rapé on the inside of the pipe barrels. This is why maintaining a regular cleaning protocol of one's applicator pipe is highly recommended.

After each use, the product can be wiped down externally with wipes or damp tissue paper. This will prevent tar build-up around the nasal end of the pipe. The inside of the Kuripe can simply be cleaned with a moistened cotton tip.

However, if you desire a deeper clean, you can rinse it with soapy water. Be sure to allow the Kuripe to dry at room temperature to prevent any material shrinkage.

Regular users must also be cautious as it should only be used when necessary as a medicine.





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DISCLAIMER:

These unregistered medicines have not been evaluated by SAHPRA for their quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease. Please consult your health care practitioner before consuming any of our products. Consult your Doctor if you are pregnant or breastfeeding.

NOT FOR SALE FOR PERSONS UNDER 18



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