

## Dietary Information

One of the most important aspects of working with Ayahuasca is adhering to a time-honoured tradition of following a special diet in order to prepare not just the body, but also the mind and soul to incorporate the healing energy of Ayahuasca.

This diet also shows the spirit of Ayahuasca your intention, and is a test of discipline and commitment. The central aspects of the diet are common to across the Peruvian Amazon. In the case of some of the food restrictions, there is also definitive scientific evidence that they are essential for safety. We advise you to begin the diet five days before the event and to continue the diet as long as it feels right for you. It is advised to continue a conscious diet to ensure the healing you have received and any possible plant remedies you are prescribed are given sufficient time to integrate.

### **Please avoid a week or at least 3 days before the event the intake of:**

- Caffeine
- Alcohol
- Salt, pepper, and spicy seasonings (if you need to eat or drink salty food, please use f.e. sea salt or pink Himalayan salt)
- Sugar and sweets (little amounts are ok)
- Cacao, cocoa, and chocolate (you can eat small amounts, but please avoid any cacao/chocolate intake on the day of the event)
- Pork
- Red meat
- Smoked and aged fish
- Oils and fats (ok to use sparingly)
- Fizzy drinks (including diet sodas)
- Hot peppers
- Cucumber, Garlic, Onion (those 3 you should avoid, in case you eat small amounts it will be ok, but on the same day of the event try to avoid them completely)

### **The following food is best avoided, especially on the day of the event (if you eat a bit of it the days before you will be fine):**

- Ice, ice cream, or ice cold drinks
- Dairy, including cheese
- Overripe, bruised, and dried fruits
- Miso, and soups made with bouillon or stock cubes
- Vinegar, sauerkraut, and other pickled foods

- Tofu, soy sauce, and other fermented foods
- Canned foods
- Protein extracts, powdered protein supplements and shakes
- Yeast and yeast extracts

**Additional restrictions:**

No recreational drugs, including synthetic, semi-synthetic, or psychedelic drugs. We require that you devote your whole energy to the working with Ayahuasca. This includes cannabis in all forms. Some prescription drugs are restricted (please let us know if you are currently taking any medication, especially antidepressants or antibiotics).

No sexual activities of any kind. (In case they are done with love and connection you will be fine, but in general it is better to keep your personal energy for the ceremony.)

Avoidance of synthetic soaps, perfumes, toiletries, etc. is best. If used in small amounts you will be fine.

Relative solitude, minimal talking, and no idle chit-chat (For those in industrialized countries, a modern diet would include a fast from television, radio, mass media, and advertising.)

By eliminating the above from your diet, you will prepare your body physically for the Ayahuasca journey, and perhaps also reducing the amount of “purging” needed to clean your physical body. In addition to the physical aspects, by showing your commitment and determination to Ayahuasca and the master plants, you are creating the foundations of your relationship with them and offering them the respect which is essential for this work.

**Critical Note** – Due to a very limited number of past guests who have not adhered to dietary restrictions after leaving an event, we need to re-emphasize that maintaining the diet is an absolutely essential factor in the healing process. The three most fundamental restrictions after an event are street drugs (cocaine, ecstasy, LSD, etc.), unconscious sex and pork. If a guest decides to not adhere to this critical advice after leaving the event, we cannot be held liable for the consequences (which can be severe psychological and energetic damage).

**The best diet is rice, cooked vegetables, and fruits.**

**In the day of ceremony:**

- Light breakfast (rice soup, porridge), fruits, and vegetables
- No chilli pepper, hot spices, coffee, salt, sugar
- No food 5 hours before. Don't use strong perfumes. Sleep and rest well.