

Diet before an Ayahuasca retreat



IMPORTANCE OF THE DIET BEFORE A RETREAT OF AYAHUASCA

The diet is an essential element before every ceremony of Ayahuasca (or Madre).

In Peru, the Shipibo Indian diet is very strict, but allows a stronger connection with the Madre. In other countries of Amazonia, it may be less restrictive in terms of food, but all agree on the absolute prohibition of **alcohol, drugs, sexual activities (including masturbation), drugs, meat pork, red meat, too much salt, spices and chocolate.**

Diet is not always easy for Westerners. However, it is strongly recommended to have a diet **at least 7 days, and if possible 10 days before a ceremony.** 15 days is even better. The closer we get to the ceremony, the more the diet must be respected with rigor.

Sometimes not following a diet can block the process of the plant during the ceremony, even by repeating it several times. In other cases, a "purge" (vomiting) will take place but it will be to evacuate inappropriate foods from a diet not respected, the red meat for example, and the "work" will not be done as it should .

The more the diet is respected and rigorous, the more the "work" will be deep, powerful and effective!

After this work in a sacred process, it is important to eat healthy and avoid alcohol and other substances **the day after the ceremonies and for two or three days**, then gradually resume your usual diet without excess. Those who are determined to keep the benefits of their experience can extend the diet for 7 to 10 days. The benefits will be even more intense!

An aspect associated with the diet preceding a ceremony of Ayahuasca is that of purity. Traditionally, shamans and apprentices do not consume spicy and seasoned foods, excess fat, salt, caffeine, acidic foods (such as citrus fruits), and avoid sexual activities before and after an ayahuasca session. Avoiding these foods is seen as a way to calm the mind and conserve energy for the trip. Dieting is also a way of showing respect to the Spirit of the Madre.

An Ayahuasca ceremony is always more effective and useful when the participant approaches it with clear intentions and an open heart. The attitude of everyone will be the factor that will determine the degree of success and the benefits of retirement. Privilege the softness, the tranquility, the meditations.

What you can **ONLY** eat (Preferably Vegetarian and Organic food)!

- **Vegetables:** potatoes, green beans, zucchini, chard, beets, mushrooms, salad (except rocket), avocado (without abuse)
 - **Fruits:** apples, bananas, plums
 - **Apple juice** and sugarless applesauce
 - **Plain rice milk**, without sugar, without salt, without added calcium (*no other vegetable milks*)
 - **Dried fruits:** almonds and hazelnuts
 - **Hard eggs:** every 2-3 days
 - **Cereals:** rice, quinoa
 - **Legumes:** green lentils, coral lentils, kidney beans, split peas
 - **All algae** including Klamath spirulina tablets
 - **Soft drinks:** Only mate, rosemary, chamomile or verbena
- ✓ The dishes can be seasoned with **only raw olive oil** (not cooked)
- ✓ Use preferably **organic hygiene products:** toothpaste, shower gel, shampoo, shaving foam, deodorant ...
- ✓ Listen to **relaxing and inspiring music.** Walk in **nature.**



To be avoided absolutely!

- Alcohol, antidepressants, medical drugs and any form of drugs ...
- Sexual activities and intercourse (including masturbation)
- Salt, sugar, garlic, onions, chocolate, all spices, teas, coffees, citrus (lemons, oranges ...), mint
- Pork and red meat (avoid meat in general if possible)
- All dairy products: butter, cheese, yogurt ...
- Processed / industrial foods
- Fried foods
- Vitamins, dietary supplements and protein shakes
- Fermented, macerated or pickled products (miso, yeast, tofu, tamari, soy sauce, sauerkraut ...)
- Bread, pasta, wheat
- Violence: movies, music, violent talk, violent emotions, aggression ...
- Spend a lot of time on screen, television, Facebook ...