

AYAHUASCA DIETARY GUIDELINES:

The following dietary restrictions **MUST BE FOLLOWED**:

Food/Activity	Do Not Use				
	3 weeks prior	2 weeks prior	1 week prior	2 days before	4 days after
Marijuana/Other Recreational Drugs	x	x	x	x	x
Pharmaceutical drugs* (SSRIs, etc.)	x	x	x	x	x
Chinese Herbs, Natural Supplements	x	x	x	x	x
Alcohol		x	x	x	x
Pork		x	x	x	x
Red Meat			x	x	x
Dairy (milk, butter, cheese, yogurt, etc.)			x	x	x
Deep Fried Foods			x	x	x
Salt (including in processed foods)			x	x	x
Sugar (including in processed foods)			x	x	x
Sexual Activity				x	x
Cold Drinks				x	x
Excessive Fatty Oils or Foods				x	x

* Depending what they are. Please contact us to discuss as soon as possible.

On the day of the ceremony:

Consume a normal amount of breakfast and lunch. Three to four hours before the ceremony, eat a light dinner consisting of foods like vegetables, grains and fish. Avoid heavy foods or excess oils.

A note on tyramine:

The interaction of tyramine, an amino acid, with the plant medicine can result in severe headaches, sweating, neck pain, heart palpitations or increases in blood pressure. **Avoid all foods containing significant amounts of tyramine.** This includes:

Non-alcoholic beers

Dairy products

Dietary protein supplements (e.g. Vega)

Turkey

Any fish that has been smoked, pickled, fermented or is not FRESH. Long periods of refrigeration will increase tyramine levels in fish (1–2 days is okay)

Shrimp paste

Fermented tofu, tempeh, miso, natto

Sauerkraut, Kimchi

Ginseng

Bouillon cubes
Brewers yeast, yeast extracts (e.g. Marmite), yeast based vitamin supplements
Soups that contain miso (fermented soy) or any type of meat extract (bouillon)
Banana peels (laugh if you will, there has been a case reported...)

WHAT CAN I EAT?

Whole and pseudo grains: amaranth, barley, buckwheat, brown rice, couscous, millet, oatmeal, sorghum, spelt, teff, wheat, white rice, quinoa, etc.
Manna Bread, Ezekiel bread
Corn, rice or sprouted grain tortillas (no salt)
Unsalted rice cakes
All nuts EXCEPT peanuts. Nuts must be unsalted.
Nut and seed butters: almond, cashew, hemp, sunflower, tahini, etc.
Tofu (no salt, unfermented)
Organic chicken (no salt or preservatives)
Eggs
Salmon
Cod, halibut, tilapia, trout
All vegetables EXCEPT onions, garlic, leeks or radishes
Sundried tomatoes (no salt)
Potatoes, squash, sweet potatoes, yams
Beans, lentils, pulses
Apples, bananas, berries, grapes, peaches, pears, pineapple, plums
Dried apricots, raisins, dates and figs in minimal quantities
Unsweetened applesauce, apple butter
Herbs: e.g. basil, cilantro, dill, oregano, sage, thyme, etc.
Cinnamon (small amounts)
Oils: coconut, flax, hemp, olive (limited quantities)
“Yu” brand rice milk
Homemade milk: almond, cashew, hemp, etc.
Freshly squeezed juices, wheatgrass
Coconut water
Herbal teas (no caffeine)
Soups (no salt, no bouillon)

FOODS TO AVOID*

Salt or **anything that has salt in the ingredients** (e.g. most store-bought breads)
Soy sauce
Seaweeds: arame, dulse, kelp, etc.
Spices: cayenne, chili, curry, ginger, pepper, etc.
Vinegars: apple cider, balsamic, rice, white, etc.
Red meat, pork

Turkey
Seafood: clams, sardines, shrimp, oysters, etc.
Canned or smoked fish
Garlic, leeks, onions
Grapefruit, lemons, limes, oranges
Fermented foods: Kombucha, Kimchi, miso, sauerkraut, tempeh, etc.
Alcohol, non-alcoholic beers
Caffeine: chocolate, coffee, tea
Dairy products: butter, cheese, milk, yogurt, etc.
Processed food supplements (e.g. Vega, “Macro” Bars, Clif Bars, etc.)
Sugar: including agave, brown rice syrup, cane sugar, honey, maple syrup, Stevia, other natural or chemical sweeteners

* Please contact us if you are using any herbal or natural supplements (e.g. Chinese herbs, St. John’s Wort, Valerian, 5-HTP, etc.)

SUGGESTED ITEMS FOR ‘ON THE GO’

Travelling with the above food restrictions requires some planning. Good travel options include:

Homemade trail mix
Apple with a handful of nuts or seed/nut butter
Cut up vegetables
Avocado slices
Cooked chicken or salmon
Hard boiled eggs
Wraps or rice cakes with seed/nut butter
“Lara” bars
Sprouted brown rice or 100% hemp protein powder (check the label–no salt!)
Homemade energy balls: pulse 1 cup sunflower seeds, ½ c. pitted dates, 1 Tbsp. cinnamon, 1 Tbsp. coconut or olive oil in a food processor. Roll into balls (adjust proportions as needed for a consistency that doesn’t fall apart). Roll balls in shredded unsweetened coconut.