

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.