



Holistic Harmony - Dietary Preparation for the Master Plant Retreat

We strongly suggest that you follow the shamanic diet, or "dieta", for Ayahuasca preparation as it's designed to purify the body, mind, and spirit in order to deepen the Ayahuasca experience of Physical Purification and Spiritual Alignment. This involves a restricted diet that removes certain foods, substances, and lifestyle habits to reduce physical and energetic "noise," making it easier to connect with Ayahuasca's healing effects.

We recommend starting the shamanic diet with a minimum of seven days prior to your Ayahuasca ceremony, it is essential for both physical and energetic preparation.

The Primary Components for the Shamanic diet typically includes and excludes:

Whole, Simple Foods

- The diet generally includes plain, unprocessed foods such as rice, quinoa, potatoes, plantains, leafy greens, and non-stimulating fruits like apples or bananas. Meals are prepared simply, without strong seasonings or oils.

Limited or No Salt, Sugar, and Spices

- To heighten sensitivity to Ayahuasca, the diet often minimizes or eliminates salt, sugar, and spices. This also keeps the body in a "neutral" state that complements the medicine.

Lean Protein, Usually Plant-Based

- Lean proteins like lentils, chickpeas, and beans are recommended, while red meat and heavy animal proteins are avoided. In some cases, small amounts of white fish or chicken may be allowed if necessary, but it's best to confirm with the retreat facilitator.

Increased Water Intake

- Hydration is emphasized to help with cleansing and preparation. Herbal teas without caffeine may also be encouraged.

Foods and Substances to Avoid

Tyramine-Rich Foods

- Foods high in tyramine, such as aged cheeses, fermented foods, soy products (like soy sauce and tofu), cured meats, and alcohol, must be avoided. Tyramine can interact with Ayahuasca and lead to adverse physical effects, as Ayahuasca inhibits MAO, an enzyme that breaks down tyramine.





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... Continued - Foods and Substances to Avoid

Stimulants

- Caffeine, chocolate, and other stimulants are restricted, as they can interfere with the body's sensitivity to the medicine and overstimulate the nervous system.

Alcohol and Drugs

- Alcohol, recreational drugs, and sometimes even prescription medications are avoided for at least a week before the ceremony, as they can affect Ayahuasca's action and may even cause dangerous interactions.

Heavy or Processed Foods

- Processed foods, fried foods, refined sugars, and any "junk" food are to be eliminated. These foods can create heaviness in the body and may interfere with the clarity of the experience.

Sexual Abstinence

- Participants are encouraged to abstain from sexual activity for a few days leading up to and during the ceremony period. This conserves energy and focuses emotional and mental clarity for the experience.

Emotional and Mental Purity

- Alongside physical dietary restrictions, the shamanic diet includes mental preparation. Practitioners are encouraged to limit exposure to digital media, stressful environments, or emotionally draining situations to help create a clear, calm mindset for the ceremony.

The purpose of the Shamanic Diet

The shamanic diet is not only about physical preparation but also spiritual purification. It helps reduce toxins in the body, heightens sensitivity to Ayahuasca's effects, and promotes a receptive state. The diet cultivates a humble and respectful approach to the Ayahuasca experience, ensuring that participants enter with clear intentions and minimal physical and energetic "interference." Again, we recommend that you begin this diet at 7 days prior to arrival to lessen the secondary affects from your diet on the body in order to better focus on the existential experiences with Ayahuasca.



****Note:** If you are taking medical prescriptions other than holistic remedies, be sure to seek advice from your doctor of any possible side affects that could occur from using plant medicines****

We look forward to helping facilitate your exponential journey with us here at Holistic Harmony Costa Rica. Any questions you may have please contact us at - www.holisticharmonycenter.org