



NUTRITIONAL GUIDE BEFORE & AFTER AYAHUASCA CEREMONIES

DIETARY PREPARATION

In preparation for an ayahuasca ceremony your diet plays an important role. You might have heard about the so called 'Dieta' that people do before they consume ayahuasca. There are a lot of traditions when it comes to preparing and it can get a little confusing when you try to find out what food you actually can eat, what you should not eat and what you must avoid.

Through eliminating certain foods from your diet, you prepare your body physically for your journey and it could also have an effect on the amount of purging during your ceremony. This is a viable step in cleansing your body before and keeping it clean after your ceremonies. 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. We would like to help you through this process and summarized some basic nutritional guidelines. You **MUST** contact us if you are taking **medications** or **supplements**.

First, the suggested diet is **light** and **healthy** with **minimum to zero** products of **animal** origin. At any cost you **must avoid pork** and **alcohol!!** The simplest guideline in preparation is to eat light vegetarian food one week before and one week after with low levels of salt, sugar, fat and no hot spices. Eating raw or just vegetable soups is advised for the day of ceremony.

You **must** start the diet at least 24 hours before you drink ayahuasca; however, **we strongly recommend** you start **at least three to five** days before – better encourage you to prepare for **2 weeks**. We also ask that you **use your common sense** and **please do not become neurotic about the diet** – so do not think you completely messed up and have to reschedule if all you did is accidentally end up consuming some salt/sugar.

If you really want to get the most out of your ayahuasca experience, we recommend avoiding the following foods and activities preferably 2 weeks prior to coming. In the Amazonian jungle, the foods that are ok to eat before consuming ayahuasca are very limited to mostly plantains, potato, yucca, rice, some chicken and fish



SOUL QUEST recommends to avoid the following foods, products and activities

Two weeks prior

- Pork
- Alcohol
- Cannabis
- All street drugs like cocaine, amphetamines (please note we do drug testing on property to ensure the safety of our guests)
- Spices like chilly, peppers
- High amounts of sugar, corn syrup
- Processed foods (Nothing in a box or can with ingredients you can't pronounce)
- Processed/Refined sugar
- Please also avoid synthetic soaps, perfumes, toiletries
- Sexual stimulation, including masturbation

One week prior

- Red or heavy meats (pork & beef)
- Fish like tuna and eel
- Fermented food like pickles, old cheese, anchovies, kombucha
- Caffeine like coffee, tea, soda and other stimulants like guarana
- Refined sugars
- Junk food
- Pepper and Salt (if absolutely needed, low amounts of sea or Himalayan salt)
- Oils (if needed olive oil or coconut oil)
- Animal fats like butter, lard
- Carbonated drinks like soda (including diet soda), energy drinks, non-alcoholic beer

Last 24 hours

- Fermented food like soy sauce, tamari, miso, tofu, beer, vermouth, wine, aged/moldy cheese (cheddar, Parmesan, blue cheese), curd
- Yeast
- Avocado
- Eggplant
- Figs
- Grapes
- Pineapple
- Plums
- Broad beans
- Lentils
- Peanuts



- Sour cream
- Buttermilk
- Chocolate
- Vegemite
- Sauerkraut

MUST avoid the day of ceremony

- Overripe fruits like bananas, mangoes
- Dried fruits
- Vinegar
- Spices like garlic, turmeric
- Nightshades like tomatoes, spinach
- Eggs
- Dairy (exceptions are yoghurt and kefir)
- Heavy sweets
- White bread

WHY AVOIDING GENERALLY HEALTHY FOODS THE LAST 24 HOURS?

There are some foods that are generally considered as healthy like avocados, eggplant and certain fruits that are strongly suggested to avoid the last 24 hours before consuming ayahuasca. This is important because Ayahuasca is an MAOI inhibitor which interferes with certain foods that contain tyramine. The MAOI in the Ayahuasca vine blocks an enzyme called monoamine oxidase breaking it down to a high amount of tyramine in your body. Tyramine is for example responsible to regulate your blood pressure. If you now have excessive amounts of tyramine in your system, your blood pressure could increase and even reach dangerous levels leading in worst cases to stroke, brain hemorrhage and death.

For this reason, it is very important to avoid any food that is high in tyramine at least the last 24 hours before consuming Ayahuasca. However, it is very unlikely to die from an interaction of ayahuasca and tyramine but there have been many cases of severe headache reported

You CAN eat

- Fresh and cooked vegetables including potatoes, sweet potatoes, yucca, yacon, beets, jicama, carrots, broccoli, arugula, lettuces, cucumber, powdered maca root, carrots, celery, cauliflower
- Grains + legumes like rice, buckwheat, oats, barley including quinoa, brown rice, amaranth, beans, and lentils. Wheat, kamut, spelt, etc.
- Nuts and seeds including raw almonds, raw cashews, raw walnuts, chia seeds, and raw shelled hemp seeds (except peanut).
- Seasonings including fresh herbs (basil, thyme, oregano, dill, etc.)



- Moderate amounts of olive oil or coconut oil
- Hummus without garlic and moderate salt
- Root vegetables like sweet potato, parsnips, turnips (ideal in a soup)

Although we strongly advise you to follow a clean, plant-based diet prior to coming to get the most out of your experience, if you are absolutely not able to follow a vegan diet for whatever reasons, we suggest the following as an alternative.

- **Animal proteins** such as eggs (hard-boiled, poached, or scrambled), organic free-range chicken, or light, wild-caught fish such as sole, tilapia, bass, trout, halibut, or snapper.

Please drink plenty of water and electrolytes such as coconut water to prepare for your ceremony. You may want to bring electrolytes with you for your retreat. Examples are coconut water, Gatorade zero, power aid zero, Pedialyte... any that do not contain added sugar.

**THANK YOU FOR TRUSTING IN US
AND DOING THIS INNER WORK FOR
YOURSELF AND OTHERS!**

THE SOUL QUEST TEAM

