

DIET & PREPARATIONS

Two weeks before

REMOVE

-  Red meat (including pork), and sea food in general
-  Fried and processed food
-  Dairy
-  Spicy and over-seasoned food
-  Reduce salt and sugar
-  Onion and garlic
-  Canned, pickled or preserved foods
-  Stimulant drinks like caffeine, black & green tea, cacao, yerba mate, sodas
-  Alcohol can wait

ALLOWED

-  White fish and/or organic chicken
-  Fruit, vegetables and homemade food!
-  You may eat fresh mozzarella cheese
-  Add herbs to your food
-  You may drink decaf and herbal teas
-  Hydrate with water and natural drinks

5-3 days before



Remove any type of coffee, including decaf. Remove all added sugars (use honey). Remove tomatoes and avocados. Remove yeast (bread): you may eat tortillas.

Other recommendations & practices

Two weeks before



Suspend all substances, including cannabis (CBD) and Psilocybin. These two medicines have their own time and place.



Abstain from sex and masturbation in order to contain your energy.



Add meditation, prayer or contemplation in Nature. All of this will better prepare your mind.



Refrain from watching violent or negative news/content. Limit social media.



Journal during your diet time. Insights may start to come, as you align your body with your heart and mind.



Keep in mind that the Ayahuasca dieta requires total commitment—observing thoughts, emotions, and actions constantly, extending far beyond simple food restrictions.