



Post-Retreat Diet

Ayahuasca

1. It is highly encouraged to avoid the following for at least One Month Post-retreat:

No Pork

No Other Plant Medicines or Pharmaceutical Drugs, including:

- Plant Medicine (e.g. Ayahuasca or DMT, Cannabis, Psilocybin, Hape, Peyote, Datura, Salvia)
- Synthetic Psychedelics (e.g. Ketamine, LSD, MDMA, 5MEO-DMT)
- Stimulants (e.g. Cocaine, Caffeine Pills)
- Amphetamines (e.g. Adderall, Desoxyn, Dexedrine, Dynavel, Evekeo, ProCentra, Vyvanse)
- Opiates (e.g. Hydrocodone, Oxycodone, Oxymorphone, Morphine, Codeine, Fentanyl)
- Pharmaceuticals - (e.g. Lisinopril, Levothyroxine, Atorvastatin, Metformin, Simvastatin)

2. It is highly encouraged to avoid the following for at least Two Weeks Post-retreat:

No Alcohol

No Energy Drinks (e.g. Red Bull, Monster, Rockstar, Nos, Xyience, Bang, Amp)

Limit nicotine (vaping, patches, cigarettes, or pouch/ dipping)

3. It is highly encouraged to avoid the following for at least One Week Post-retreat:

No Sex or Sexual Stimulation (including masturbation)

No hot or spicy foods (e.g. chilies, hot sauce)

Energy Work (e.g. reiki, intense breathwork, acupuncture)

Activities that spike the adrenals (e.g. bungee jumping, skydiving)

4. What is Back On (start low and go slow introducing these things): Coffee, Sugar, Chocolate, Oils (healthy), Red Meat (best to wait a week and feel into it), Dairy (best to wait a week and go slow with re-introduction). Be mindful of the social media, media, music and news you are consuming.

5. Overall Recommendation: This period is a great opportunity to maintain a clean body-mind and anchor in some of the healthy habits you have developed over the last month or so. It is recommended to maintain a low inflammation, alkaline balancing, organic where possible, fresh fruit and vegetable-based diet supplemented with whole grains and clean protein sources. Everyone's needs are different though, so listen to your body and identify what is serving you. Develop further awareness around what and why you are eating or consuming certain things. Check in with how you are feeling as you reintroduce drinks, foods, activities etc that have not been available to you over the past few weeks. Ask yourself, is this actually what I need?