



## Dietary and Medical Guidelines

### Psilocybin

The program begins when you enter the preparation phase of this program. These preparation guidelines are integral to the process and are designed to ensure that participants are safe to participate in psychedelic retreats and are physically, mentally, and emotionally ready. Please do your best to honor these guidelines and reach out to your individual or group coach if you have any questions or concerns.

#### **Dietary Guidelines**

In general, we encourage you to eat whole foods, limiting processed foods as well as foods high in salt, sugar, oils, and saturated fats. We highly encourage a healthy diet full of vegetables, fruits, and lean meats when preparing for your psilocybin journey.

Avoid the following for at least 2 weeks prior to your retreat:

- Other plant medicines and recreational drugs (including cannabis)
- Alcohol
- Red meats: beef or pork
- Limit nicotine (vaping, patches, cigarettes, or pouch/ dipping)
- Limit processed foods
- Limit salt and foods high in salt
- Limit foods high in sugar
- Limit foods high in oils & animal fats
- Limit News Media and Social Media

Avoid the following for at least one week prior to your retreat:

- Caffeine
- Energy Drinks (e.g. Red Bull, Monster, Rockstar, Nos, Xyience, Bang, Amp)
- Sexual and sensual activity with self or others
- Adrenaline-inducing activity (i.e. sky-diving, extreme sports, endurance activities, getting a tattoo, horror films, etc. – routine workouts OK.)

The general principle here is that your base energy level or adrenaline levels should not be peaking and dropping. Think of it as trying to remain on an "even keel" before your retreat. This will help you maintain this type of energy while you are here as well.

#### **Medical Guidelines**

Your safety is our priority. We respect your medical care goals, but some medications may need to be adjusted for a safe psilocybin experience. Every participant is assessed individually, and sharing all medications and supplements is important for evaluating your readiness. Always work with your prescribing provider to taper or discontinue medications safely. Your collaboration with your healthcare team ensures the best preparation for the program and minimizes risks.