

To receive the full benefits from your medicine journey, you will need to prepare your body in the week leading up to your ceremony or retreat.

A strict diet in the week before, during, & after retreat requires discipline; admittedly, it is not easy to forego enjoyable foods.

By doing so, however, you will demonstrate your commitment & dedication to the healing process & create the foundation necessary to heal the body, mind, & spirit profoundly.



Maestra Laynah Dietary Guidelines



The more you are willing to modify your diet, the more the diet is considered a demonstration of your determination, your commitment & sacrifice to the medicine. It is easy to see how the physical act of abstinence & eating is just touching the surface.

Food is not the only thing to pay attention to. Being unhappy or complaining about the dietary modification, fantasizing about sex, or favorite foods is also a demonstration of determination or the lack thereof.

Maestra Laynah
Ceremonies & Retreats

www.maestralaynah.com

Eat to Live, Not Live to Eat

In a fast pace world, it is more & more difficult to choose healthy organic food.

We highly encourage that the nutrients you put into your body are as clean as possible while preparing for your ceremony / retreat.

Purchase products that are locally sourced, pesticide and hormone free, fresh, organic, & free ranged.

Avoid anything canned, previously frozen, or processed. We also invite you to have clean filtered water available to you unless your tap water is beautiful spring water.




Why Avoiding Foods Containing Tyramines Will Improve Your Ayahuasca Trip

Ayahuasca (*banisteriopsis caapi*) is an MAO-inhibitor, which means it temporarily inhibits the activation of the monoamine oxidase (MAO). This enzyme is essential to process the amino acid tyramine, so it's important to refrain from eating foods high in this amino acid, otherwise your body won't be able to process it.

This can lead to headaches, hypertension, or just hours and hours of subthreshold nausea where you feel like vomiting, but can't. And that feeling dominates your entire ayahuasca ritual, so that instead of having beautiful, celestial visions, and divine downloads, you are crouched over a bucket trying to purge.

Foods that contain tyramine include:

- Pork
 - Red meat
 - Aged cheeses
 - Fermented foods like soy sauce, fermented tofu, and sauerkraut
 - Yogurt
 - Alcohol
 - Nutritional supplements like protein powders
 - Aspartame
 - Chocolate (in large amounts)
 - Peanuts (in large amounts)
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Many online warnings about tyramine interaction tend to sound very serious, because they are adapted from warnings about interactions with pharmaceutical MAOIs. There are nearly 100 fatalities on record from food interactions with pharmaceutical MAOIs.

However, food interaction with ayahuasca is frankly not as serious a matter as it is with pharmaceutical MAOIs, because ayahuasca is a reversible (short-acting) MAOI, or RIMA. There are no fatalities on record from food interactions with ayahuasca

Why Avoid Salty, Sugary, & Spicy Foods?

From a shamanic healing perspective, intensely-flavored food creates the cutipado effect that obstructs the energy of the plant medicine. Spicy foods are less likely to offend the gods and more likely to offend your throat, sinuses and butthole as they come out.

Salt and sugar tend to also come back out in a noticeably concentrated way, so that the honey sweetened tea you drank earlier, and ice cream you ate hours before that (which you are now so clear it has been pumped full of artificial flavors), appear to be regurgitating as a sickly-sweet, condensed syrupy vomit.

Why Avoid Animal Products?

These days, animal products are chock full of chemicals – from antibiotics, to hormones – and are raised and slaughtered in inhumane ways.

Unless you are consuming organic, free range poultry, or wild game from the jungle, it's best to avoid any industrialized animal products. One of the things I've noticed time and time again during ayahuasca ceremony, is that we consume not only the substance of our food, but the energy of it.

So if you consume an animal that was pumped full of chemicals, spent the entirety of its life miserably crammed in a pen, only to finally be slaughtered, en masse, in a mechanized way, you also ingest the energy of that animal's experience.



Why Consider Avoiding Rice, Lentils, Couscous & Other Granulated Foods?

You can eat these things, but it's not fun to have rice grains stuck in your sinuses from a bout of projectile vomiting. Just sayin'.

Will Juice Fasting Before Ceremony Help?

While juice fasting might seem like an obvious way to cleanse before your ayahuasca ritual, it may set you up for a suboptimal experience.

Firstly, juice, even veggie juice, can contain a lot of sugar, which is something to avoid pre-ceremony.

Also, an ayahuasca journey can be an physically, emotionally, and spiritually taxing experience. I personally find that having solid food several hours before the ceremony begins allows me to have the energy to sustain the ride.

Finally, if you have no food in your system, you might find yourself really hungry in the middle of the ceremony, which can be distracting.



When Should I Have My Last Meal?

In general, you want to avoid eating less than 4 hours before the ceremony begins. In the very least, 2 hours, but you will be amazed at how much food is still undigested after 2 hours

Can't You Just Give Me an Ayahuasca Preparation Checklist?

So that was my really long answer to all the questions that tend to come up around the restrictive diet. Now for those of you who just want the lists...



Ayahuasca Ceremony Preparation – The Long List

Ideally, you want to prepare yourself as best you can for your encounter with the Madre.

Like a yogi in preparation to go into a meditation retreat, you want to begin purifying your body by eliminating certain foods and drugs from your system at least 2-4 weeks prior to ceremony.

For certain prescription drugs, including SSRIs, the abstinence period will be even longer.

A good rule of thumb is to eat organic, whole foods and go blandly cooked vegan.

All in all, if you are a healthy, mentally-balanced person who isn't taking a bunch of drugs, nothing bad will happen to you if you don't follow the restrictive diet. The gods won't strike you down, and you won't suddenly keel over in a psychedelic fanfare and die. You might have more noticeably more awful shits or traumatic projectile vomits, and spend most of the ritual in the uncomfortable in-between state of wanting to puke and puking.



At least 6 weeks out:

Any medication that has an effect on the serotonin system, including Selective Serotonin Reuptake Inhibitors (SSRIs), can induce serotonin syndrome, with potentially fatal results when combined with ayahuasca.

SSRI Medications & MAO inhibitors. See full list on [website](#).

At least 4 weeks out, during & after:

- Pharmaceutical drugs (prescription & over the counter). See full list on [website](#).

At least 2 weeks prior, during, and after:

- Sex, including masturbation, virtual sex, pornography, or erotic fantasizing
- Alcohol
- Marijuana
- Violent media, such as horror movies, violent action films, & news war coverage
- Recreational drugs, like LSD, MDMA, cocaine, amphetamines
- Salt, soy sauce, or foods high in salt, such as canned or processed foods
- Spicy food & hot spices (chilies, peppers)
- Pork, red meat, cured meats
- Aged cheeses
- Contraindicative herbal supplements & medicines, such as St. Johns Wort, Kava, Kratom. See full list on [website](#).

**At least 1 week prior, during, & after:**

- Overstimulating media (books, movies, TV, social media, news)
- Sugar or artificial sweeteners (stevia, aspartame, agave, honey, etc)
- Overripe fruit, especially bananas, & dried fruit
- Fermented foods (soy sauce, fermented tofu, kimchi, tempeh, and sauerkraut)
- Yeast or yeast extracts
- Vinegar or pickled foods
- Processed food (junk food, condiments, carbonated drinks)
- Caffeine (coffee, green tea, energy drinks)
- Dairy products (milk, cheese, yoghurt)
- Animal fats (lard, butter)
- Oils (use olive or coconut oil sparingly)
- Nutritional supplements like protein powders
- Sweets & chocolate
- Synthetic soaps, perfumes, toiletries, etc.



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Ayahuasca Ceremony Preparation – the Short List

If you decided to join an ayahuasca ceremony on short notice or have had a hard time extricating yourself from the patterns of your busy, overstimulated modern life, here's the bare minimum you ought to try to do, for as many days as possible before and after:

- No sexual activity for as many days as possible
- No alcohol for as many days as possible
- No violent, negative media consumption for as many days as possible
- Pharmaceutical drugs or street drugs for as many days as possible.

NOTE: Contraindicative medications need weeks.

- No sugar, salt, hot spices day of
- No processed foods day of

Not following diet restrictions can limit the benefits you can receive, such as luminous, technicolor visions, clear cosmic downloads, and undulating waves of full-body bliss for hours & hours. So if you really want that, by following the restrictive diet, you help eliminate all the crap that can get in the way...no pun intended.





Protein Options:

Protein:

- Eggs
- Fish ****Avoid fish such as salmon, tuna, pike, perch, mahi, grouper, and sea bass****
- **Do NOT consume the skin of the fish** (to avoid animal fat)**
- ** NO shellfish of any kind****
- Chicken- make sure it is skinless (to avoid animal fat)
- Beans (*adzuki & black bean are nice*)
- make sure they are not canned & you buy them dry & soak them instead.
- Quinoa
- Lentils (Green or Red)

BREAKFAST



HARD BOILED EGG AND STEAMED KALE:

-Boil water in a saucepan, then place your eggs in the pot, let simmer for 7 minutes, then place in an ice bath until cool enough to handle and peel. -Boil an inch or 2 of water with a pot with a steaming basket above with chopped kale, (or spinach) until softened.
-Slice egg on top of kale, & optionally add coconut flakes or pumpkin seeds for texture & lemon juice to enhance flavors.



PORRIDGE WITH FRUIT:

-Heat together 1 cup of water with ½ cup rolled oats, until boiling, then turn down and cook until absorbed and a texture you like.
-Top with chopped apple, banana, or pear, & add ons such as chia, cinnamon, maca, chopped nuts, or coconut flakes. (Try overnight oats, in a jar/container combine oats with a natural unsweetened nut milk, & add-ins of your choice, stir, & place in the fridge overnight for a quick breakfast. Optional to heat up but not necessary).



MASHED SWEET POTATOES:

-Peel & chop sweet potatoes, boil a pot of water, place potatoes in water for 20-30 minutes or until soft. Drain, then mash with a fork, adding a little bit of nut milk (unsweetened) until smooth.
-Add toppings of choice: Chopped apple, banana, chia seeds, pumpkin seeds, hemp seeds, cinnamon, chopped nuts, etc.





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BREAKFAST



EGG VEGGIE BREAKFAST:

- Cook eggs whichever way you prefer - (if scrambled, must have a non-stick pan, or use a small amount of coconut oil so it doesn't stick, otherwise poach or hard boil).
- Saute mushrooms, bell pepper, spinach, and any other desired veggies by slowly adding water to the pan when it begins to stick, so oil is not necessary. (Or steam veggies)
- Plate together, and sprinkle with oregano/basil/parsley and a squirt of lemon.



PARFAIT:

- Find a quality sugar free, dairy free yogurt brand, sweeten naturally by mixing in fruit, or fresh orange juice, top with chia, maca, coconut flakes, cinnamon, goji berries, etc.



PANCAKES:

- Mash 1 banana, combine with 2 eggs, and 1 ounce dry quick oats. Make small 2-3 inch pancakes, and cook on a non stick pan on low heat.
- Top with fruit, dash of cinnamon & unsweetened coconut flakes





Carbohydrates Options:

Carbohydrates:

- Quinoa
- Gluten Free Oats
- Gluten Free Amaranth
- Potatoes (yam or sweet)
- Yucca
- Beans
- Plantains
- White Rice or Brown Rice

LUNCH



POTATOES WITH STEAMED VEGGIES:

- Chop potatoes if larger than bite size, place in pot with water to cover, bring to boil then simmer until softened, 10-20 minutes. Drain & let cool slightly.
- Meanwhile place chopped veggies in a steaming basket & steam until softened. Lightly squash potatoes, top with your veggies, chopped fresh parsley, & a spritz of lemon.



RICE WITH BEANS AND PLANTAINS:

- Cook white rice: boil 2 cups of water, rinse 1 cup of rice, pour in water once boiling, cover & lightly simmer for about 17 minutes, let cool slightly then fluff with a fork.
- Find unsalted canned beans, or prepare yourself. Rinse, heat, & pour in a bowl with rice.
- For the plantains, boil them in their skins for 15 minutes, Drain & let cool, then open skin with a knife & slice the plantain into coins.
- Place all together in a bowl & top with chopped fresh cilantro, chopped tomatoes & lime, or dash a small amount of ginger powder. or cumin



GREEN SALAD WITH AVO DRESSING:

- Prepare your greens in a big bowl. Shred on top carrots & beets. Chop cucumbers and tomatoes and place on top.
- To make green dressing- blend 1 avocado, 1 lime, & a handful of cilantro, scraping down the sides with a spatula until smooth.
- Top salad with some of your dressing & save the rest in the fridge. Optional add sprouts, pumpkin seeds, or mix in arugula.





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LUNCH



MEDITERANEAN QUINOA SALAD

-Cook quinoa- Rinse 1 cup quinoa well in fine mesh strainer. Put in a saucepan with 2 cups of water, cover & bring to a boil, then let gently simmer for 10-15 minutes, take off heat & let steam, then open & fluff with a fork. (Consider making a bigger batch, as it lasts in the fridge for 4 days)
 -Mix cooled quinoa, unsalted garbanzo beans, chopped parsley, cubed cucumber, sliced tomato, and a squirt of lemon.



PEAR ARUGULA SALAD:

-Toss a handful of arugula with chopped walnuts/pecans/pumpkin seeds, pear cubes, a squirt of lemon juice, & optionally add coconut flakes (unsweetened), or some cooled cooked quinoa.



BURRITO BOWL:

-Combine rice (cook according to above recipe), black or pinto beans (unsalted), corn, cilantro, ¼ cubed avocado, steamed bell pepper strips or zucchini, top with squirt of lime juice.

SPRING ROLLS:

-Shred carrots and beets.
 -Wash & slice some crispy lettuce, bell pepper, with any other veggie on hand that sounds good raw.
 -Thinly slice 1-4 avocado, and chop your fresh herbs, either basil, mint, or cilantro.
 -Wet the rice paper wrapper according to the directions on the package.
 -Layer the above ingredients in your rice paper and fold into a roll.





Fruits and Vegetables Options:

Fruits:

- Pear
- Apple
- Melons
- Avocado : keep this as a treat and to a very minimum - maybe a ¼ of avocado every couple of days.
- Banana (except overly ripened)
- Papaya : keep to a minimum

Vegetables:

- Cauliflower
- Green Beans
- Kale
- Spinach
- Carrot
- Broccoli
- Beets- Celery
- Cucumber
- Lettuce

DINNER



BAKED SWEET POTATO

- Preheat oven to 400. Wash, dry, then stab sweet potato(es) with a fork.
- Place in the oven on a rack or baking sheet for 40-60 minutes depending on size of potato.
- To make a tahini dressing, mix tahini with lemon juice and water until pourable consistency.
- Add a side of roasted or grilled zucchini, & top with chopped parsley. (Tip: when roasting veggies in the oven, use parchment paper when not using oil so it doesn't stick to the pan).



BUTTERNUT SQUASH BOWL:

- Peel butternut squash, cut into cubes, & steam until fork tender.
- Meanwhile cook quinoa or rice according to the previous recipe.
- Place in a bowl together & top with either parsley, sage, thyme, lemon juice, or cinnamon & a few dried natural (no sugar added) cranberries.



LENTIL VEGGIE SOUP:

- In a large saucepan, saute celery & carrots, with any other hard veggies you wish to add for 5 minutes or until slightly softened, adding water little by little so it doesn't stick.
- Add oregano, rosemary or thyme to release it's flavor, stir & saute for another couple minutes, then optionally add a can of salt-free diced tomatoes.
- Add water to pot, a few inches above your veggies.
- Add either 1 cup rinsed lentils, or a can of unsalted soup beans such as kidney, navy, or cannellini.
- Simmer uncovered for 15-20 minutes or until lentils are soft but not too mushy.
- Garnish with parsley and lemon spritz.





Snacks Options:

Homemade hummus:

-Place unsalted garbanzo beans, lemon juice, parsley (optionally add a spoon of tahini), and blend in a blender or food processor, adding a little water at a time until smooth. Eat with carrots or other veggies.

Simple Guac & Cucumber chips:

-Mash together $\frac{1}{4}$ avocado, a squirt of lime & chopped cilantro
 -Peel & cut cucumber into coins & use as chips.

DINNER



FISH WITH STEAMED KALE

-Prepare fish according to the appropriate method, choose one that is non-predatory, & skinless.
 -Place chopped kale in a steaming basket above 2 inches of water, simmer covered until wilted. Plate with a drizzle of lemon & lightly toasted pumpkin seeds.



CHICKEN & STEAMED BROCCOLI:

-Prepare chicken according to the appropriate method, & skinless.
 -Place broccoli, & any other vegetables, in a steaming basket above 2 inches of water, simmer covered until wilted. Plate with a drizzle of lemon & lightly toasted pumpkin seeds.

