



Your Pre-Dieta Guidelines

As you embark on this sacred journey, it's essential to honour these dietary and behavioural guidelines with reverence and commitment. Each restriction serves a purpose, fostering the conditions necessary for deep healing, spiritual growth, and connection with the plant medicine.

In the weeks leading up to your Dieta, you are called to cultivate discipline and mindfulness in your daily practices. This includes not only what you consume but also how you engage with the world around you. By consciously abstaining from substances and activities that may cloud the mind or disrupt the energetic balance, you create a vessel of purity and receptivity for the healing energies of the ceremony.

As you navigate these weeks of preparation, approach each day with intention and presence. Embrace this period as an opportunity for self-reflection, introspection, and inner purification. Trust in the wisdom of the ancient traditions guiding you and surrender to the transformative power of the Dieta process.

By aligning your physical, emotional, and spiritual selves with the rhythms of nature and the wisdom of the plant spirits, you pave the way for a profound and life-changing experience. May your journey be filled with insight, healing, and divine guidance as you walk the path of the Dieta with courage, humility, and grace.

6 weeks prior:

- Gradually taper off and discontinue antidepressants, SSRI's, and anti-anxiety medications under the guidance of your healthcare provider to ensure a smooth transition.

4 weeks prior:

- Eliminate pork and cannabis from your diet.
- Abstain from all street drugs, including cocaine, MDMA, and amphetamines, prioritizing your safety above all else.

2 weeks prior:

- Cease the consumption of most pharmaceutical drugs and antibiotics.
- Avoid alcohol consumption.
- Exclude red meats, junk foods, processed foods, and canned foods from your meals.
- Say no to spicy foods, including chili and hot sauce, as well as Indian or Thai cuisine.

- Cut out added spices, including chili, from your diet.
- Steer clear of animal fats and dairy products, such as lard.
- Refrain from carbonated drinks, including diet sodas and energy drinks.
- Certain supplements like St. John's Wort, Kava, Kratom, Ephedra, Ginseng, Yohimbe, Sinicuichi, Rhodiola, Rosea, Kanna, Boswellia, Nutmeg, Scotch Broom, and Licorice Root should be avoided.
- Avoid Microdosing, Psilocybin, and similar substances / Wachuma and Kambo can be taken only according to the guidance of the Maestra or the Facilitator who will assist you in Dieta.
- Begin reducing your intake of salt and sugar.

1 week prior:

- Abstain from all forms of sexual activity and thoughts, including self-pleasure.
- Minimize the consumption of very sweet, acidic, and over-ripened fruits, although moderate fruit intake is acceptable.
- Cut out caffeine and other stimulants, such as cacao, coffee, and black tea.
- Eliminate all dairy products from your diet.
- Avoid pungent or caustic vegetables.
- Refrain from consuming fermented foods, such as soy sauce, pickles, kimchi, and sauerkraut.
- Say no to sweets, chocolate, and refined sugar.
- Exclude seafood and ocean fish from your meals.
- Reduce the intake of added salt and refined sugar significantly.
- Steer clear of added spices, including chili and pepper.
- Avoid ice, cold drinks, or ice cream.
- Refrain from consuming supplements or superfoods with a strong energetic effect on the body, such as Ayurvedic or Chinese herbs, maca, medicinal mushrooms, and cacao, among others.
- Limit the consumption of oils, with a very small amount of olive oil being acceptable.
- Abstain from mild pharmaceuticals like Advil, Tylenol, or similar medications.
- Avoid the use of Hapé and Sananga (Unless your Maestro/ Facilitator will allow you to)

By adhering to these guidelines, you pave the way for a profound and transformative Dieta experience, aligning your physical, mental, and spiritual selves in preparation for the journey ahead.

Adjusting your diet in pre-master plant dieta:

In preparation for your Ayahuasca and master plant journey, it's vital to nourish your body with light, easily digestible foods that support clarity and receptivity. Whether you have prior experience with Ayahuasca or are new to the practice, the duration of your dietary preparation varies:

- One week: If you have previous experience with Ayahuasca or master plant dieta, focus on consuming light meals that are not overly spicy, sweet, or fatty. Opt for nourishing options that gently support your body without overwhelming it.

- Two weeks: For those with little to no experience with Ayahuasca, extend your dietary preparation to two weeks. This additional time allows your body to acclimate to the shift in diet and prepares you for the profound experience ahead.
- One month: If you are taking medications for strong physical and/or mental conditions that are incompatible with Ayahuasca, such as anti-depressants or MAO inhibitors, a more extensive preparation period of one month is necessary. During this time, gradually taper off medications under the guidance of your medical doctor, ensuring you are off any psycho-pharmaceutical or depression treatments for at least 35 days. Some specific medications may require a longer tapering period of up to six weeks.

It's crucial to communicate openly about any medications you are or have been taking to ensure your safety and well-being during the Ayahuasca ceremony. Please familiarize yourself with our medical guidelines and reach out if you have any questions or concerns regarding your preparation for the dieta.

By honouring these dietary recommendations and aligning your physical body with the spiritual journey ahead, you cultivate a foundation of balance and readiness for the transformative experience of Ayahuasca.





Your Post-Dieta Guidelines

In the sacred journey of the dieta, there exists a profound phase known as the Post-Dieta—an often overlooked yet pivotal segment of the spiritual odyssey. While the formal covenant of the dieta may conclude, the essence of the bond formed with the plant spirit persists beyond the confines of time and ritual.

During the dieta, a communion of energies transpires, fostering a profound connection between the seeker and the botanical realm. Such an alliance transcends mere observance; it demands continued devotion, mindful contemplation, and heartfelt expression even in the mundane acts of daily life. Thus, the sanctity of the plant spirit remains upheld, unwavering amidst the temptations of salt, sugar, oil, and the like.

In the wake of the dieta's completion, one is called not to rush headlong into the embrace of indulgence or to reclaim all that was relinquished. Instead, there lingers a reverential pause—a moment of reflection and integration. For just as a lover's bond endures beyond the dissolution of romantic ties, so too does the friendship with the plant spirit persist, requiring delicacy and respect in its continuation.

Consider this analogy: If a man, having fulfilled the terms of an intimate partnership with a woman, transitions to a state of friendship, it would be a breach of honour and integrity to hastily seek solace in the arms of another. Such actions not only betray the essence of the prior connection but also jeopardize the depth and sincerity of the newfound camaraderie.

Thus, in the post-dieta phase, let us tread with reverence, honouring the sacred thread that binds us to the plant spirit. Let our actions be guided by mindfulness and gratitude, for in the echoes of sacrifice lies the echo of profound transformation.

The duration of your post-dieta typically spans about a month, occasionally extending to two months, contingent upon the length of your dieta, the plant you have dieted, and the condition you sought to heal. Your personalized guidelines will be provided to you upon completion of your dieta.

The post-dieta consists of two phases:

Food Post-Dieta (7 days):

During this period, kindly refrain from consuming the following:

- Red meat
- Dairy products, including butter or any dairy derivatives
- Concentrated milk or cream, even vegan alternatives such as coconut, rice, or soy

- Chocolate and cacao
- Processed or industrial food
- Fermented foods (e.g., tofu, sauerkraut, kombucha)
- Spices, including turmeric, curcumin, black pepper, and chilli
- Ginger
- Seasoning and condiments (e.g., mayonnaise, ketchup, chilli sauce, vinegar, mustard)
- Avocado
- Papaya, pineapple, lemon, camu camu, maracuya, acerola, grapefruit
- Acidic and bitter fruits
- Industrial oils
- Seafood and ocean fish
- Raw onions and garlic
- Cold or icy foods (e.g., ice creams, refrigerated beverages)
- Acidic foods
- Bread in Peru (artisanal bread in your country is acceptable)
- Tea (herbal teas are permissible), espresso/concentrated coffee (weak coffee is acceptable)
- Carbonated drinks
- Rape, mambe, or ambil
- Antihistamines

You may include:

- Natural ingredients
- A small amount of olive or coconut oil
- A touch of salt
- A touch of sugar, preferably honey
- Aromatic herbs
- A modest portion of cooked onions and garlic
- Cinnamon
- A few nuts
- Jungle fish: Tucunare, Corvina, Paiche, Gabitana; outside the jungle, river trout and river salmon
- Chicken and other poultry
- Light coffee, light tea, coca leaves if necessary for altitude sickness in Cusco
- Digestive enzymes
- Probiotics after your food post-dieta
- Supplements after a few days
- Saunas and Temazcal are permissible after one week
- Steam baths are acceptable

The Remaining Post-Dieta (two weeks to two months, three in rare cases, most often around a month – depends by the length of your dieta):

You may gradually return to a normal diet, but it is advisable to proceed with caution and maintain a disciplined dieta for as long as possible.

The following guidelines also apply to the food post-dieta:

During this phase, kindly refrain from:

- Consuming pork
- Engaging in sexual activity
- Consuming alcohol
- Using drugs (As well Psychedelics)
- Taking any medicine other than ayahuasca. Self-administering a small amount of ayahuasca is acceptable; however, it is advisable to rest.
- Taking medicine from another Maestro or Maestra
- Undergoing acupuncture or receiving a tattoo (avoid anything involving needles)
- Therapy work

You may:

- Receive bodywork or massage, depending on the type of treatment. Avoid energy work or therapies that may evoke strong emotions. It is generally recommended to allow the dieta to work and refrain from excessive intervention. Focus on breathing rather than seeking therapy immediately when facing challenges.
- Provide sessions, ensuring they do not involve extreme cases that may trigger overwhelming reactions or emotions.

By adhering to these guidelines, you will optimize the benefits of your dieta and facilitate the integration of your healing journey.

At Inca Shipiba, our esteemed Maestra Mathilda offers personalized recommendations for post-dieta practices based on individual needs and experiences. Drawing upon ancient wisdom and intuitive insight, Maestra Mathilda provides gentle yet profound guidance to support your integration process. Trust in her wisdom as she navigates the spiritual realms to offer the most beneficial post-dieta recommendations for your healing and growth.





So what can you eat & Drink? (some suggestions to make your life easier)

- Grilled chicken with no seasoning of any kind including salt
- Baked potatoes or sweet potatoes
- Drink mineral water
- Cooked vegetables such as cauliflower, carrots, or zucchini
- Rice, brown rice or quinoa
- Boiled eggs
- Cooked beans or lentils
- Fresh vegetables such as tomatoes, cucumbers, cabbage
- Fruits that are not citrus and not over ripened such as apples, pears, nectarines etc.
- **Just remember** - to avoid salt, sugar, oil, and any kind of seasoning.
- The week before, the week during, and the week after will taste bland. Yet, it will pay off!

What can I eat during my flight?

- **Watch out for the flight!** You will not be able to eat anything on the airplane and in most airports.
- Prepare food and bring it with you so you have enough energy at arrival. Such as boiled eggs, cooked vegetables, fruits, and limited nuts as long as they don't have sugar and/or salt, and are not fermented.
- You might need to hike to the centre if there is too much rain and the tuk tuk cannot get close enough. You want to make sure you have enough energy in your body to do the hike while there is a backpack on your back.

