



AYAHUASCA

# Dieta Guide



Spirit Vine

# Preparing Your Body, Mind & Spirit

At Spirit Vine, the dieta is not a rulebook, but is a practice of preparation, respect, and relationship. How you eat, drink, and live in the weeks leading up to ceremony directly affects your safety, sensitivity, and receptivity to the medicine. The dieta helps calm the nervous system, reduce physical risk, and create space for deeper listening.

## What Is the Dieta?

The dieta is a period of intentional simplicity before working with ayahuasca. It prepares the body by reducing stimulation and supports the spirit by cultivating discipline, presence, and reverence. Rather than focusing on restriction alone, we invite you to see the dieta as an act of devotion to your healing.

## Why the Dieta Matters

Following the dieta helps to:

- Reduce the risk of adverse physical reactions
- Support emotional and energetic clarity
- Increase sensitivity to the medicine's teachings
- Honor the lineage and traditions of this work

Ayahuasca is most effective when the body and mind are quiet enough to listen.

## Foods to Avoid (At Least 7-14 Days Before Ceremony)

Please avoid foods that are heavy, overstimulating, or chemically processed:

- Alcohol
- Pork and red meat
- Aged or fermented foods (cheese, vinegar, soy sauce, kombucha)
- Caffeine (coffee, energy drinks, strong teas)
- Chocolate
- Spicy foods
- Processed foods, refined sugars, and artificial sweeteners
- Excessive salt

## Foods to Eat

Choose foods that are simple, fresh, and easy to digest:

- Vegetables (steamed, baked, or lightly cooked)
- Fruits in moderation
- Rice, quinoa, oats, potatoes, and other simple grains
- Eggs (if tolerated)
- Light fish (if part of your diet)
- Soups and broths
- Plenty of water

Eat mindfully, stop before feeling full, and favor consistency over perfection.

## Medications, Supplements & Substances

Certain medications and supplements can be dangerous when combined with ayahuasca. All medications and supplements must be disclosed during the application process. Some prescriptions may require tapering or discontinuation under medical supervision. Recreational drugs must be stopped well in advance.

*Never discontinue prescribed medication without consulting a qualified healthcare professional.*

## Lifestyle Guidelines During the Dieta

The dieta extends beyond food.

We recommend:

- Reducing screen time and overstimulation
- Avoiding sexual activity and pornography
- Limiting intense exercise
- Spending time in nature
- Practicing reflection, journaling, or meditation

This creates internal spaciousness and supports nervous system regulation.



## During the Retreat

While at Spirit Vine:

- All meals are prepared to align with the dieta
- Personal snacks, supplements, and substances are surrendered upon arrival
- Approved medications are managed by staff

This ensures safety and consistency for everyone in the group.

## After Ceremony

Continuing a light dieta for several days after ceremony helps with integration. Gentle foods, rest, hydration, and quiet reflection allow insights to settle and integrate more fully.

The dieta is not about being perfect—it is about showing up with intention. If you approach it with sincerity and humility, the medicine will meet you where you are.

*Please reach out to Spirit Vine if you have any questions or concerns.*

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# Dieta Preparation Checklist

*Use as a guide, aiming for consistency, not perfection.*

## 4 Weeks Before Ceremony

*(Recommended for Deeper Preparation)*

- Stop all recreational drugs
- Begin reducing alcohol & caffeine
- Disclose all medications & supplements in your application
- Reduce processed foods & refined sugar
- Begin slowing your pace where possible
- Light journaling or reflection
- Gentle time in nature
- Reduced screen time

## 2 Weeks Before Ceremony

*(Strongly Recommended)*

- Completely stop alcohol
- Stop caffeine (coffee, energy drinks, strong teas)
- Avoid pork & red meat
- Avoid fermented or aged foods (cheese, vinegar, soy sauce, kombucha)
- Avoid spicy foods
- Avoid chocolate
- Avoid processed foods & artificial sweeteners

Choose instead:

- Vegetables (steamed or lightly cooked)
- Simple grains (rice, quinoa, oats, potatoes)
- Fruits in moderation
- Eggs or light fish (if part of your diet)
- Drink plenty of water

## 7 Days Before Ceremony

*(Essential)*

- Eat simple, lightly seasoned meals
- Avoid excess salt & sugar
- Stop all sexual activity & pornography
- Avoid intense exercise or overexertion
- Prioritize sleep & rest
- Reduce emotional overstimulation (news, social media, conflict)
- Calm routines
- Presence & awareness
- Gentle movement or stretching





## 48 Hours Before Ceremony

*(Critical)*

- Eat only very light meals
- Avoid all heavy, greasy, or fatty foods
- Avoid large portions
- Stay well hydrated
- Prepare to surrender all snacks, supplements, and substances upon arrival
- Bring approved medications only
- Pack simply and mindfully

## During the Retreat

*(Failure to comply may result in being escorted off premises without refund)*

- Follow all dietary guidelines provided on site
- Eat only meals prepared by Spirit Vine
- Do not consume personal food or supplements
- Follow facilitator guidance at all times

## After the Retreat

*(3-5 Days Recommended)*

- Continue light, simple meals
- Avoid alcohol and drugs
- Drink plenty of water
- Rest and reflect
- Allow insights to integrate slowly



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