

DIET AND HEALTH PRECAUTIONS

The dieta is a necessary element of the Sacred Medicine experience. We suggest the following:

Avoid for 1 week or a minimum of 72 hours before the first Sacred Medicine Ceremony:

1. Food containing spices, spicy peppers, fats, oil, salt, sugar, canned food, alcohol, red meat, pork meat and derivatives, and stimulants such as caffeine.
2. Any fermented food like soy sauce, soybeans, paste/curd, beer, vermouth wine, aged-moldy cheese.

Drink plenty of water during the dieta until the first ceremony begins. If you stick with a vegetarian-like diet, you will do great for your first ceremony.

Remember that whatever food you may consume on the day of the ceremony will most certainly come out of your body in what is known as La Purga. This does not necessarily happen, as each body is different, but it is common.

HEALTH PRECAUTIONS

1. People affected by schizophrenia, bipolar disorder, other psychiatric/dissociative conditions, and people with chronic heart conditions such as severe high blood pressure should not take Sacred Medicine.

2. People taking anti-depressant drugs like Prozac, Seroxat, Zoloft, Effexor, Paxil, Welbutrin (bupropion), or similar medications can take Sacred Medicine only once their treatment has been safely suspended or ended under medical supervision.

3. Please discontinue the use of the following non-prescription drugs before and after your retreat if applicable: antihistamines, systemic vasoconstrictors or decongestants, both natural ephedrine and synthetic pseudo-ephedrine, cold & flu medications, asthma inhalers, drugs with high caffeine content, and phenylalanine. In general, it is best to go into your ceremony with no prescription or non-prescription medications in your system.



4. Other medications that are not compatible with Sacred Medicine include: diet pills (appetite suppressants), narcotics, sedatives, tranquilizers, anti-hypertensive agents (used to treat high blood pressure), analgesics like Meperidine, anti-Parkinson drugs (medicines used to reduce the symptoms of Parkinson's disease) like Levopoda, drugs used to treat heart conditions, dopamine (brand name: Intropin), neurological prescriptions like Carbamazepine (a drug that eliminates seizures), and sympathomimetic drugs (substances that mimic the effects of the hormones (adrenaline and noradrenaline), amphetamine and tyrosine. Amphetamine salts- based medication (brand name: Adderall, Ritalin, Vyvanse, Dexedrine) commonly used in the US & Canada to treat attention deficit hyperactivity disorder and narcolepsy are equally not compatible with plant medicine.

5. Taking products like Clonazepam (brand names: Klonopin, Rivotril, Ravotril, Rivatril, Clonex, Paxam, or Kriadex), may weaken or completely antagonize or neutralize the visionary dimension of the Sacred Medicine healing experience. These are benzodiazepine drugs prescribed to treat seizures and panic disorder, and they have anxiolytic, anticonvulsant, muscle relaxant, and hypnotic properties.

6. People affected by Addison's Disease must not take Sacred Medicine (or any other medication/medicine that would alter their hydro-electrolytic balance).

7. If you consume any substance like cocaine, heroin, crack, or Phenethylamines (homologs of amphetamines), you must inform us. Most of these substances are, to various degrees, incompatible with Sacred Medicines.

8. People affected by Chron's Disease or stomach/intestinal ulcers, may not take Sacred Medicines.

9. Plants (taken in any form, including fresh, or as dry/liquid extract) like St. John's Wort (*Hypericum Perforatum*), Yohimbe (*Pausinystalia Yohimbe*), Ginseng, Sinicuici (*HeimiaSalicifolia*), Kava (*Piper methysticum*), Yerba Mate' (*Ilex Paraguariensis*) and Ephedra (*Ephedrasinica / Ephedra Vulgaris*, and generally all varieties of it), are not compatible with a safe Sacred Medicine experience.

10. Pregnant women must not take the Sacred Medicine from their seventh month onwards.

Doing so could result in miscarriage. Pregnant women at the initial stages of pregnancy and up until their sixth month might still join our retreat.



11. Women on their menstrual cycle normally have no problem with taking the Sacred Medicine.

If any of the above conditions apply to you, ask your doctor about the compatibility of your health status with MAO Inhibitors. Inform us upon a favorable response from your doctor, and our shaman will ascertain whether or not it would be advisable or not for you to take Sacred Medicine.

Any disclosure of your health status will be kept in the strictest confidentiality. We are just looking after you and want you to have a safe experience.

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