



DIETARY & LIFESTYLE PREPARATIONS AND DRUG CONTRAINDICATIONS

Several days prior to your first Ceremony you will want to begin preparing your mind, body and spirit to best receive the healing benefits of the medicine. To ensure you have the most powerful experience it's highly recommended to abstain from certain foods and behaviors before and after ceremony.

What foods should you eliminate prior your experience with the medicine? What are the best foods to eat before and after Ceremony?

The broad answer is – the lighter the better. We recommend you consume a whole foods diet and eliminate or minimize animal products, alcohol, and all recreational drugs at least one week prior.

Fermented, excessively salty, sweet, or pungent foods should also be reduced or eliminated.

The basic guidelines below should be followed at least 3 days before and after ceremony, ideally 7 days or longer:

- No red/heavy meats (pork, beef, sheep, tuna, eel etc.)
- No fried foods
- Minimal salt
- No fried foods
- No hot peppers & hots spices
- No drugs, including prescription drugs (especially those containing SSRI) (anti-depressants) and MAOI's.

***NOTE: IT CAN BE VERY DANGEROUS TO COMBINE CERTAIN DRUGS WITH THIS PLANT MEDICINE. BEFORE MOVING FORWARD PLEASE SEE BELOW FOR A FULL LIST OF CONTRAINDICATIONS.**

- No alcohol
- If you have irregular or problematic digestion we recommend to exclude the following foods from your diet at least one week before the plant medicine ceremony:

- All dairy (except yogurt and kefir)
- White bread & products with high gluten
- All sugar (except fruit)

DAY OF CEREMONY

Eat a simple whole food, plant-based breakfast and lunch. Do not eat dinner. Avoid coffee, black or green tea (no caffeine), eggs, dairy, fried foods and sweet pastries.

No food at least 4 hours prior to the ceremony. Ideally drink only water or herbal tea after lunch.

Stay hydrated by drinking lots of water prior to Ceremony.

CONTRAINDICATIONS

Drugs that should not be combined with MAOI's:

- Actifed
- Amantadine hydrochloride (Symmetrel)
- Amoxapine (Asendin)
- Benadryl
- Benylin
- Bupropion (Wellbutrin)
- Buspirone (BuSpar)
- Carbamazepine (Tegretol, Eptol)
- Chlor-Trimeton
- Clomipramine (Anafranil)
- Cocaine
- Cyclobenzaprine (Flexeril)
- Cyclizine (Marezine)
- Desipramine (Pertofrane)
- Dextromethorphan (DXM)

- Disopyramide (Norpace)
- Doxepin (Sinequan)
- Ephedrine
- Flavoxate Hydrochloride (Urispas)
- Fluoxetine (Prozac)
- Imipramine (Tofranil)
- Isocarboxazid (Marplan)
- Levodopa (Dopar, Larodopa)
- Loratadine (Claritin)
- Maprotiline (Ludiomil)
- Meperidine (Demerol)
- Methylphenidate (Ritalin)
- Nortriptyline (Aventyl)
- Oxybutynin chloride (Ditropan)
- Orphenadrine (Norflex)
- Parnate
- Paroxetine (Paxil)
- Phenergen
- Phenelzine (Nardil)
- Procainamide (Pronestyl)
- Protriptyline (Vivactil)
- Pseudoephedrine
- Quinidine (Quinidex)
- Salbutamol
- Salmeterol
- Selegiline (Eldepryl)
- Sertraline (Zoloft)
- Tegretol
- Temaril
- Tranylcypromine (Parnate)
- Tricyclic antidepressants (Amitriptyline, Elavil)
- Trimipramine (Surmontil)
- Yohimbine

Recommended not to combine with MAOI's:

- Other MAOIs

- SSRI's (any selective serotonin reuptake inhibitor)
- Amphetamines (meth-, dex-, amphetamine)
- Antihypertensives (high blood pressure medicine)
- Appetite suppressants (diet pills)
- Medicine for asthma, bronchitis, or other breathing problems
- Antihistamines, medicines for colds, sinus problems, hay fever, or allergies (Actifed DM, Benadryl, Benylin, Chlor-Trimeton, Compoz, etc.)
- CNS (central nervous system) depressants
- Antipsychotics
- Alcohol

Recommended to avoid the following herbs:

- St. Johns Wort
- Kava
- Ephedra
- Ginseng
- Yohimbe
- Sinicuichi

Side effects of specific drug combinations:

Using Tricyclic antidepressants within two weeks of taking MAOI's may cause serious side effects including sudden fever, extremely high blood pressure, convulsions, and death.

Using Fluoxetine (Prozac) within five weeks of taking MAOI's may cause high fever, rigidity, high blood pressure, mental changes, confusion and hypomania.

Using Meperidine (Demerol) with pharmaceutical MAOI's has resulted in deaths from a single dose.

Using cocaine with MAOI's may cause a severe increase in blood pressure, increasing the chances for stroke and cerebral hemorrhage and making it possible to overdose on a relatively small amount of cocaine. (A fatality has been recorded involving combining Peganum harmala and cocaine.)

Using Bupropion (Wellbutrin) within two weeks of taking MAOI's may cause serious side effects such as seizures.

Using Buspirone (Buspar) with MAOI's may cause high blood pressure.

Using Carbamazepine (Tegretol) with MAOI's may increase seizures.

Using CNS depressants with MAOI's may increase the depressant effects.

Using Dextromethorphan with MAOI's may cause excitement, high blood pressure, and fever, or brief episodes of psychosis.

Using Tryptophan with MAOI's may cause disorientation, confusion, amnesia, delirium agitation, hypomanic signs, shivering.

Using alcohol with MAOI's may cause side effects like angina (chest pain) or headaches. The headache may mask or be mistaken for hypertensive crisis caused by MAOI interaction.

Using Kava with MAOI's may result in hypotensive crisis (severe blood pressure drop).

Using Temaril with MAOI's may increase chance of side effects.

Special note to diabetics: MAOI's may change the amount of insulin or oral antidiabetic medication that you need.