



SACRED WATERS SANCTUARY

DIET GUIDELINES AND CONTRA-INDICATED MEDICATIONS



PREPARING THE BODY

Our Sacrament often comes with some physical discomfort which can be minimized by observing the appropriate diet when preparing for your ceremonial retreat.

Ceremonies can also be energetically powerful, and it is a good idea for you to be as physically well rested as possible to have the best experience.

WEANING OFF DRUGS AND CONTRA-INDICATED MEDICATIONS

3-6 weeks before ceremony:

- Be fully weaned off any SSRI anti-depressants, St John's Wort, or other contra-indicated medications (see Appendix A). Please seek medical guidance.
- No street drugs (opiates, cocaine etc.), or psychedelics such as Ketamine and psilocybin mushrooms
- We do not allow smoking of cannabis on the premises for spiritual reasons and because we are teaching you how to regulate your nervous system without crutches that you become dependent on. If you are a heavy/daily smoker, you will need to cut down and wean off so that you are able to be without cannabis for the entire 3 days of the retreat. Contact us to inquire about our copaiba, a VERY helpful and EFFECTIVE alternative to cannabis.

Prescribed Diet

We highly recommend you follow the full dieta (below this section) if you can.

3-5 days before the ceremony, drink lots of water, and completely cut out:

- Orgasms (to retain and build your spiritual energy)
- Alcohol
- Meat (eggs, chicken and fish are okay, avoid fatty meats)
- Fatty, processed, spicy or salty foods
- Cannabis
- Limit caffeine intake as much as you can (cut down to 1 cup of tea)
- Any foods that you know will irritate your digestive system or cause bloating

MEAL SUGGESTIONS 1-5 DAYS PRIOR TO CEREMONY

- Wild or whole-grain rice, quinoa or boiled or steamed potatoes
- Lean white fish or chicken breasts – steamed not fried
- Steamed or boiled hard veggies (cauliflower, broccoli, carrots, green beans)
- Veggie soups or stews with minimal salt and spices
- Hard-boiled eggs
- Lentils or yellow dahl with minimal salt, butter or spices
- Proteins: Beans, lentils, tempeh, eggs, tofu (avoid processed fake “meats”)
- Salads with balsamic vinegar (not a store

If you don't have a regular healthy or “clean” diet or if you eat out most of the time, we recommend you consider eating clean for 2 weeks prior to the ceremony. This will make it easier for your system to absorb the sacrament.

EATING OUT OPTIONS: IF YOU DON'T HAVE THE OPTION TO EAT PREPARED FOOD AT HOME

- Whole bowl or Cafe Yumm! without the cheese, sour cream or avocado (fatty)
- Tacos – corn flour veggie tacos without spicy salsa or cheese
- Sushi – vegetarian without soy sauce
- Steamed veggie dumplings
- Vegetarian Pho
- Asian rice dishes with tofu and veggies
- Salads without creamy or salty dressings
- Vegetarian sandwiches (avoid if you are sensitive to gluten)
- Simple pasta dishes with tomato sauce

APPENDIX: CONTRA-INDICATED MEDICATIONS & SUBSTANCES

As a community, we are help you retrain your nervous system to regulate WITHOUT substances. You are required to be off all cannabis products for at least 3 weeks prior to the ceremony.

Medications and treatments that must be suspended at least 14 to 35 days prior to a ceremony:

- Psycho-pharmaceutical and depression treatments

Drugs and Medications that are known to cause dangerous side effects when ingesting DMT:

- All medications that contain MAO inhibitors (MAOIs) (must be suspended at least four weeks prior to DMT ingestion).
- All medications that have an effect on the serotonin system, including Selective Serotonin Reuptake Inhibitors (SSRIs) (SSRIs must be suspended at least six weeks prior to ingestion of DMT).

Herbal medicines and supplements that must be suspended at least two weeks prior to ingestion of DMT:

- St. John's Wort – it is very important that you are not taking this
- Kava
- Kratom
- Ephedra
- Ginseng
- Yohimbe
- Sinicuichi
- Rhodiola rosea
- Kanna
- Boswellia
- Nutmeg
- Scotch Broom
- Licorice Root
- Cannabis – this is essential to be able to participate in a Sacred Waters ceremony. The spiritual energy of cannabis can be very overwhelming to the experience and will also affect the experience of others.

Contraindicated Substances, Generally

- Other MAOIs
- SSRIs
- Asthma inhalers
- Antihypertensives (high blood pressure medicine)
- Appetite suppressants (diet pills)
- Medications for asthma, bronchitis, or other breathing problems
- Antihistamines, medicines for colds, sinus problems, hay fever, or allergies (any cold, cough, or flu preparations, and any drug with DM, DX, or -tuss in its name).
- Central Nervous System (CNS) depressants
- Antipsychotics
- Barbiturates
- Tranquilizers
- Sympathomimetic amines (including pseudo ephedrine and ephedrine)
- Alcohol
- Amphetamines
- Opiates
- Mescaline (any phenethylamine)

DMT Specific Contraindicated Drugs

- Actifed
- Adderall
- Alaproclate
- Albuterol (Proventil, Ventolin)
- Amantadine hydrochloride (Symmetrel)
- Amineptine
- Amitriptyline
- Amoxapine (Asendin)
- Asarone/Calamus
- Atomoxedine
- Befloxedone
- Benadryl
- Benylin
- Benzedrine
- Benzphetamine (Didrex)
- Bicifadine
- Brasofensine
- Brofaromine
- Bromarest-DM or DX
- Bupropion (Wellbutrin)
- Buspirone (BuSpar)
- Butriptyline
- Carbamazepine (Tegretol, Eptol)
- Chlorpheniramine
- Chlor-Trimeton
- Cimoxetone
- Citalopram
- Clomipramine (Anafranil)
- Cocaine

- Codeine
- Compoz
- Cyclobenzaprine (Flexeril)
- Cyclizine (Marezine)
- Dapoxetine
- Desipramine (Pertofrane, Norpramin)
- Desvenlafaxine
- Dextroamphetamine (Dexedrine)
- Dextromethorphan (DXM)
- Dibenzepin
- Dienolide kavapyrone
desmethoxyangonin
- Diethylpropion
- Dimetane-DX
- Disopyramide (Norpace)
- Disulfiram (Antabuse)
- Dopamine (Intropin)
- Dosulepin
- Doxepin (Sinequan)
- Dristan Cold & Flu
- Duloxetine
- Emsam
- Epinephrine (Adrenalin)
- Escitalopram
- Femoxetine
- Fenfluramine (Pondimin)
- Flavoxate Hydrochloride (Urispas)
- Fluoxetine (Prozac)
- Fluvoxamine
- Furazolidone (Furoxone)
- Guanethedine
- Guanadrel (Hylorel)
- Guanethidine (Ismelin)
- Hydralazine (Apresoline)
- 5 Hydroxytryptophan
- Imipramine (Tofranil)
- Iprindole
- Iproniazid (Marsilid, Iprozid, Ipronid, Rivivol,
Propilniazida)
- Iproclozide
- Isocarboxazid (Marplan)
- Isoniazid (Laniazid, Nydrazid)
- Isoniazid rifampin (Rifamate, Rimactane)
- Isoproterenol (Isuprel)
- L dopa (Sinemet)
- Levodopa (Dopar, Larodopa)
- Linezolid (Zyvox, Zyvoxid)
- Lithium (Eskalith)
- Lofepramine
- Loratadine (Claritin)
- Macromerine
- Maprotiline (Ludiomil)
- MDA
- MDEA
- MDMA (Ecstasy)
- Medifoxamine
- Melitracen
- Meperidine (Demerol)
- Metaproterenol (Alupent, Metaprel)
- Metaraminol (Aramine)
- Methamphetamine (Desoxyn)
- Methyldopa (Aidomet)
- Methylphenidate (Ritalin)
- Mianserin
- Milnacipran
- Minaprine
- Mirtazapine (Remeron)
- Moclobemide
- Montelukast (Singulair)
- Nefazodone
- Nialamide

- Nisoxetine
- Nomifensine
- Norepinephrine (Levophed)
- Nortriptyline (Aventyl)
- Oxybutynin chloride (Ditropan)
- Oxymetazoline (Afrin)
- Orphenadrine (Norflex)
- Pargyline (Eutonyl)
- Parnate
- Paroxetine (Paxil)
- Pemoline (Cylert)
- Percocet
- Pethedine (Demerol)
- Phendimetrazine (Plegiline)
- Phenelamine
- Phenergen
- Phenmetrazine
- Phentermine
- Phenylephrine (Dimetane, Dristan decongestant, Neo Synephrine)
- Phenylpropanolamine (in many cold medicines)
- Phenelzine (Nardil)
- PMA
- Procarbazine (Matulane)
- Procainamide (Pronestyl)
- Protriptyline (Vivactil)
- Pseudoephedrine
- Oxymetazoline (Afrin)
- Quinidine (Quinidex)
- Rasagiline (Azilect)
- Reboxetine
- Reserpine (Serpasil)
- Risperidone
- Robitussin
- Salbutamol
- Salmeterol
- Selegiline (Eldepryl)
- Sertraline (Zoloft)
- Sibutramine
- Sumatriptan (Imitrex)
- Terfenadine (Seldane-D)
- Tegretol
- Temaril
- Tesofensine
- Theophylline (Theo-Dur)
- Tianepetine
- Toloxatone
- Tramadol
- Tranlycypromine (Parnate)
- Trazodone
- Tricyclic antidepressants (Amitriptyline, Elavil)
- Trimipramine (Surmontil)
- Triptans
- Tryptophan
- Tyrosine
- Vanoxerine
- Venlafaxine (Effexor)
- Viloxazine
- Vicks Formula 44-D
- Yohimbine
- Zimelidine
- Ziprasidone (Geodon)