

HOLDING COMPASSIONATE SPACE



Dieta Guidelines
Nov 4 - 11

Soltara Healing
Center

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DIETA



An ayahuasca dieta is a clarifying process in which our bodies and minds enter a meditative state, free of stimulants, in order to hear the whispers of the plants. It also offers us the opportunity to engage with the rhythms of nature by ingesting fresh, whole foods, reminding us that we are made of star dust.

Aside from focusing us on an organic foundation of nourishment for the human body, some of these restrictions are specific to ayahuasca in order to allow it to work with our energy without unnecessary obstacles and to engage with this work safely. Other limitations allow the icaros (medicine songs) to work their magic. Still more have to do with the particular healer treating you, as well as their lineage and unique connection to the medicine.

Through the art of eliminating consistent energies that underlie our daily lives, we are able to raise awareness of our natural processes and cultural values, allowing us to begin to shift out of our conditioned patterns and behaviors in order to enter into the mystery of this ancient healing tradition.





DIETA SPECIFICATIONS

4 WEEKS OUT

Please add the following restrictions to those above **4-weeks** before your retreat date.

FOOD-RELATED RESTRICTIONS:

- Pork and Red Meat
- Cheese
- Spicy foods
- Peanuts, soy, and fava beans
- Decaf Coffee (contains Freon)
- Limit processed foods
- Limit salt
- Limit sugar
- Limit oils and animal fats (only coconut, flax, hemp, olive)
- Limit dairy
- Limit pickled, fermented, and smoked foods
- Limit garlic, onions, ginger, leeks, radishes

NON-FOOD RELATED CONSUMPTION RESTRICTIONS:

- Recreational drugs (including cannabis)
- Alcohol
- Sexual and sensual activity with self and/or others (including mental activity)
- Limit media and technology intake
- Limit social interactions/mental & emotional activity
- Adrenaline-inducing activities (skydiving, extreme sports, endurance activities, getting a tattoo, horror films, etc.)

*Consult Soltara preparation packet for pharmaceutical restrictions



DIETA SPECIFICATIONS

2 WEEKS OUT

Please add the following restrictions to those above **2-weeks** before your retreat date.

FOOD-RELATED RESTRICTIONS:

- Overly ripe foods
- Dairy
- Processed foods
- Sugar (minimal honey is ok, sweeten with fresh or dried fruit)
- Minimal salt
- Minimal oils / animal fats (coconut, flax, hemp, olive)
- Minimal pickled, fermented, and smoked foods
- Minimal garlic, onions, ginger, leeks, radishes
- Caffeine (including green tea/cacao)
- Carbonated Drinks

NON-FOOD RELATED CONSUMPTION RESTRICTIONS:

- Lessen media and technology intake (no more than 30 mins per day outside of necessary use, such as work)
- Lessen social interactions/mental, emotional, and physical activity (choose activities such as yoga and tai chi over weight-lifting and running, for example)



DIETA SPECIFICATIONS

1 WEEK OUT

Please add the following restrictions to those above **1-week** before your retreat date.

FOOD-RELATED RESTRICTIONS, COMPLETELY REMOVE:

- Ice and ice-cold drinks (cool drinks are okay)
- Sugar (fresh and dried fruit ok, watered down pure juice ok)
- Salt
- Oils / animal fats
- Dietary protein supplements
- Turkey
- Pickled, fermented, and smoked foods
- All fish (except what is listed below)
- Garlic, onions, ginger, leeks, radishes
- Citrus fruits
- All preservatives

NON-FOOD RELATED CONSUMPTION RESTRICTIONS:

- Minimal media and technology intake (no more than 10 mins per day outside of necessary use, such as work)
- Minimal social interactions/mental, emotional, and physical activity (choose activities such as yoga and tai chi are recommended over weight-lifting and running)



IN-PERSON SPECIFICATIONS

IN-PERSON

Because of the energetic space we are holding, we ask that guests wear modest attire as an extension of the dieta, particularly with regard to swimwear. Some days may be hot and we do not want anyone to be uncomfortable, but, for example, ideal swimwear for women would be one-piece bathing suits that fully cover the chest and pelvic/buttocks areas, and for men, full swimwear shorts as opposed to bikini briefs.

We recognize that various indigenous peoples have different contexts and relationships to their bodies and how they occupy them, not to mention gender norms. Because plant medicine can take us to different states of spirit, sometimes when participants are in process of being ensouled or re-embodied, we have found that unconscious conditioning from our own culture can hinder the ability for some to connect with their original child and primordial humanity. We ask that guests be mindful of their attire in this intentionally celibate and spirit-filled space.

Our intention is not to suppress anyone's self-expression but rather to neutralize the space in this complex intersection of different cultures as well as the many different processes that will arise throughout the week for our beautiful group.



DIETA SPECIFICATIONS POST-RETREAT

IMMEDIATELY

Immediately after your retreat, all food and non-food-related restrictions must still be followed. Important prohibited items include:

FOOD-RELATED:

- All Food Items as noted above
- All Beverage items are noted above
- All processed foods and additives as noted above
- Ice and ice-cold drinks (cool drinks are okay)

NON-FOOD RELATED CONSUMPTION:

- Minimal media and technology intake - try to stay off of social media and digital devices as much as possible
- Minimal social interactions/mental, emotional, and physical activity (choose activities such as yoga and tai chi are recommended over weight-lifting and running)

ARKANA (covered before last ceremony):

- Next 3-5 days, keep crown covered in direct sunlight



DIETA SPECIFICATIONS POST-RETREAT

1 WEEK AFTER

1 week after your retreat, you may begin to slowly lift restrictions within moderation.

FOOD-RELATED:

- Minimal salt
- Minimal oils/animal fats (coconut, flax, hemp, olive)
- Minimal citrus
- Garlic, onion, ginger, leeks and radishes
- Peanuts, soy, and fava beans
- Pickled, fermented, and smoked foods
- Dietary protein supplements
- Turkey
- Fish
- Supplements (such as vitamins)

NON-FOOD RELATED CONSUMPTION:

- Minimal media and technology intake (no more than 10 mins per day outside of necessary use, such as work)
- Minimal social interactions/mental, emotional, and physical activity (choose activities such as yoga and tai chi are recommended over weight-lifting and running)



DIETA SPECIFICATIONS POST-RETREAT

2 WEEKS AFTER

2 weeks after your retreat, you may continue to slowly lift restrictions within moderation.

FOOD-RELATED:

- Moderate salt
- Moderate oils/animal fats (coconut, flax, hemp, olive)
- Mild stimulants like green tea, cacao
- Overly ripe foods
- Limited dairy
- Moderate unprocessed sugar (honey, agave, maple syrup, etc.)

NON-FOOD RELATED CONSUMPTION:

- Minimal media and technology intake (no more than 30 mins per day outside of necessary use such as work)
- Minimal social interactions/mental, emotional, and physical activity (choose activities such as yoga and tai chi are recommended over weight-lifting and running)



DIETA SPECIFICATIONS POST-RETREAT

3 WEEKS AFTER

3 weeks after your retreat, you may continue to slowly lift restrictions within moderation.

FOOD-RELATED:

- Spicy foods
- Caffeine
- Carbonated Drinks
- Salt
- Oils and animal fats
- Dairy (no cheese)
- Limited processed foods/preservatives

NON-FOOD RELATED CONSUMPTION:

- Media and technology
- Full social interactions/mental and emotional activity
- Make big decisions



DIETA SPECIFICATIONS POST-RETREAT

4 WEEKS AFTER

4 weeks after your retreat, you may begin to resume your regular diet and activities but we suggest you continue to do so in moderation.

FOOD-RELATED:

- Pork and Red Meat
- Cheese
- Decaf Coffee (contains Freon)
- Processed foods/Preservatives

NON-FOOD RELATED CONSUMPTION:

- Sexual and sensual activity with self and/or others

6 WEEKS AFTER

NON-FOOD RELATED CONSUMPTION:

- Recreational drugs (including cannabis)
- Alcohol

WHAT CAN I EAT?



SAFE FOOD LIST:

- Whole and pseudo-grains:
 - Amaranth, barley, buckwheat
 - Brown rice, couscous, millet
 - Oatmeal, sorghum, spelt, teff
 - White rice, quinoa
- Manna Bread, Ezekiel bread
- Corn, rice, or grain tortillas (no salt)
- Unsalted rice cakes
- All nuts **EXCEPT** peanuts, must be unsalted.
- Nut and seed butters:
 - almond, cashew, hemp, sunflower, tahini, etc.
- Tofu (no salt, unfermented)
- Organic chicken (no salt or preservatives)
- Eggs
- Fish: Salmon, cod, halibut, tilapia, trout
- All vegetables **EXCEPT** onions, garlic, ginger, leeks or radishes
- Sundried tomatoes (no salt)
- Potatoes, squash, sweet potatoes, yams
- Beans, lentils, legumes
- Apples, bananas, berries, grapes, peaches, pears, pineapple, plums
- Dried apricots, raisins, dates, and figs in minimal quantities
- Unsweetened applesauce, apple butter
- Herbs: e.g. basil, cilantro, dill, oregano, sage, thyme, etc. (no spices)
- Cinnamon (small amounts)
- Oils: coconut, flax, hemp, olive (limited quantities)
- Alternative milk with no preservatives or fermentation
- Homemade milk: almond, cashew, hemp, etc.
- Freshly squeezed juices, wheatgrass
- Coconut water
- Herbal teas (no caffeine)
- Soups (no salt, no bouillon)





SUGGESTED ITEMS FOR 'ON THE GO'

SAFE FOOD TO-GO

Traveling with these restrictions requires solid planning.

Good travel options include:

- Homemade trail mix
- Apple with a handful of nuts or seed/nut butter
- Sliced vegetables
- Avocado slices
- Steamed/boiled chicken or salmon
- Hard boiled eggs
- Wraps or rice cakes with seed/nut butter
- "Lara" bars
- Sprouted brown rice or 100% hemp protein powder (check the label—no salt!)

HOMEMADE ENERGY BALLS

- Pulse 1 cup sunflower seeds/oatmeal, 1/2 c. pitted dates, 1 Tbsp. cinnamon, 1/2 cup nut butter in a food processor.
- Roll into balls (adjust proportions as needed for a consistency that doesn't fall apart).
- Roll balls in shredded unsweetened coconut

FOODS TO AVOID

GENERAL SEASONING or ADDITIVES:

- Salt or anything that has salt in the ingredients (e.g. most store-bought breads)
- Soy sauce
- Seaweeds: arame, dulse, kelp, etc.
- Spices: cayenne, chili, curry, ginger, pepper, etc.
- Vinegar: apple cider, balsamic, rice, white, etc.
- Fermented foods: Kombucha, Kimchi, miso, sauerkraut, tempeh, etc.
- Processed food supplements (e.g. Vega, "Macro" Bars, Clif Bars, etc.)
- Sugar: including agave, brown rice syrup, cane sugar, honey, maple syrup, Stevia, other natural or chemical sweeteners

DAIRY PRODUCT

- Butter, cheese, milk, yogurt, etc.

MEAT & SEAFOOD

- Red meat, pork, Turkey
- Shellfish: clams, sardines, shrimp, oysters, etc.
- Canned or smoked fish

VEGETABLES

- Garlic, leeks, ginger, onions, radishes

FRUITS

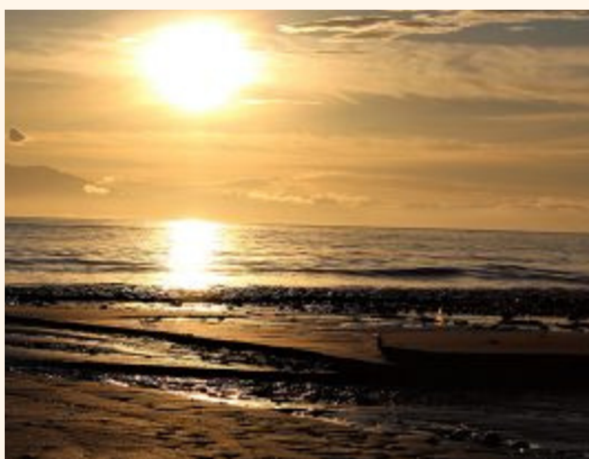
- Grapefruit, lemons, limes, oranges

CAFFEINE

- Caffeine: chocolate, coffee, tea
- Decaf Coffee (still contains caffeine and Freon)

ALCOHOL

- Wine, Spirits, Beers and Non-Alcoholic Beer



We are here to support you along this journey. Please defer to Soltara's Preparation Guide and the Nectara platform for more insights to help you prepare.

holdingcompassionate.space | [@dasmeeok](https://www.instagram.com/dasmeeok)