

ININ NETE PREPARATION PACKET



WHAT IS THE 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.

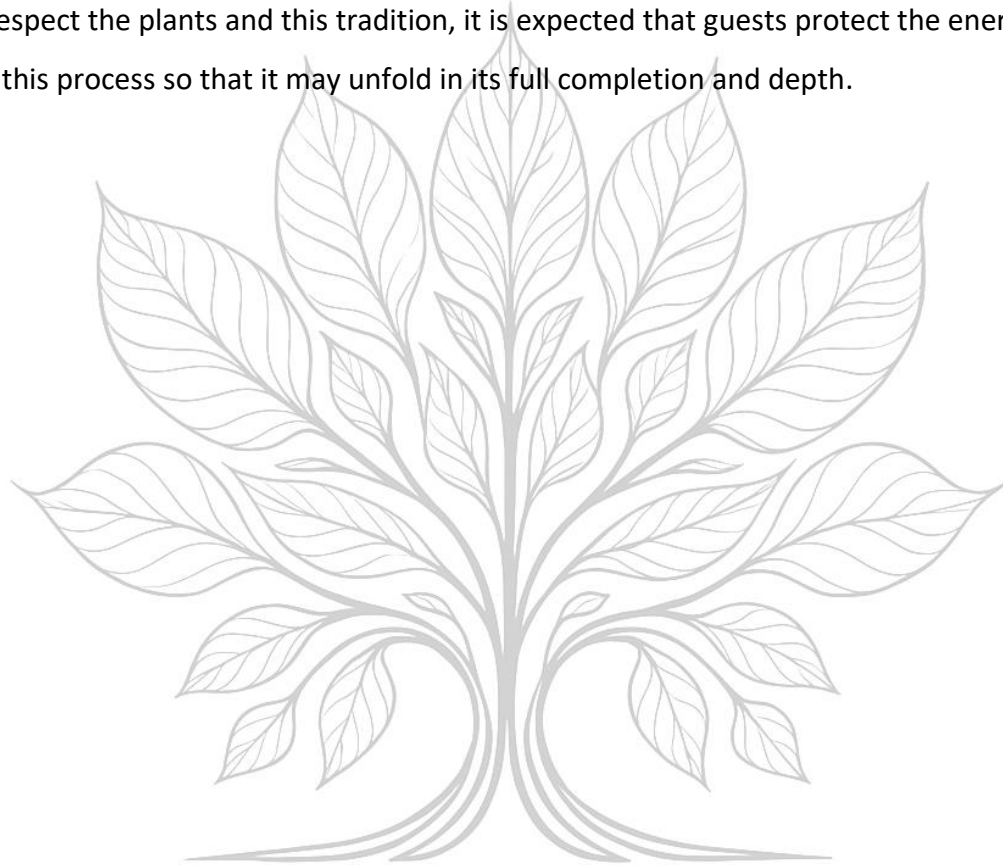
Aside from focusing us on an organic foundation of nourishment for the human body, some of these restrictions are specific to ayahuasca in order to allow it to work with our energy without unnecessary obstacles and to engage with this work safely. Other limitations allow the icaros, or medicine songs, 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.

Following strict guidelines before and after spending time with us greatly amplifies the healing of every guest and ensures connection to the world of the plants as well as safe and clean ceremonies, and these are meant as minimum requirements. We encourage you to begin as soon as you can. 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

2 Full Months: Discontinue use of Botox, filler, or cosmetic injectables

PLEASE NOTE: For 30 days before and after your retreat, please do not participate in any other medicine ceremonies. This allows for a cleaner and more profound experience with us. In order to fully respect the plants and this tradition, it is expected that guests protect the energetic space to this process so that it may unfold in its full completion and depth.



ININ NETE

Sacred Plant Medicine Healing Center

DIETA SPECIFICATIONS

Please begin the following restrictions **4-weeks** before your arrival at the center.

FOOD-RELATED RESTRICTIONS:

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

NON-FOOD RELATED CONSUMPTION RESTRICTIONS:

- Pharmaceutical, psychedelics, and other drugs (including cannabis/CBD)
- Over-the-counter medications (NSAIDS, sleep aids, Dramamine, etc.)
- 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.)
- No microwaves

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2-WEEK DIETA SPECIFICATIONS

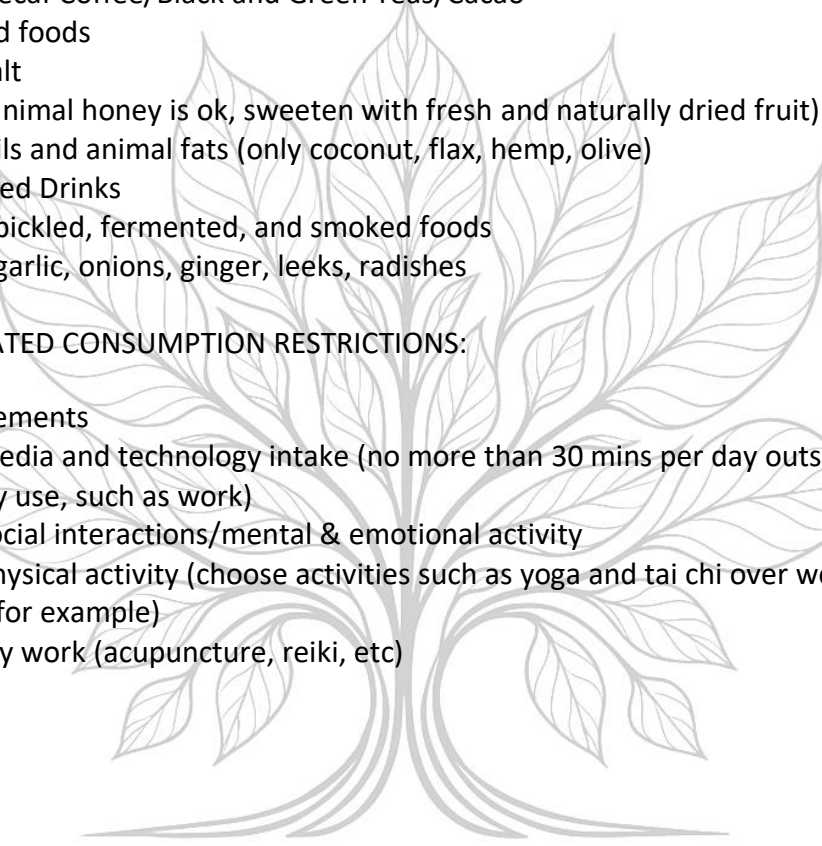
Please add the following restrictions **2-weeks** before your arrival at the center.

FOOD-RELATED RESTRICTIONS:

- Overly ripe foods
- Coffee/Decaf Coffee/Black and Green Teas/Cacao
- Processed foods
- Lessen Salt
- Sugar (minimal honey is ok, sweeten with fresh and naturally dried fruit)
- Lessen Oils and animal fats (only coconut, flax, hemp, olive)
- Carbonated Drinks
- Minimal pickled, fermented, and smoked foods
- Minimal garlic, onions, ginger, leeks, radishes

NON-FOOD RELATED CONSUMPTION RESTRICTIONS:

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



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1-WEEK DIETA SPECIFICATIONS

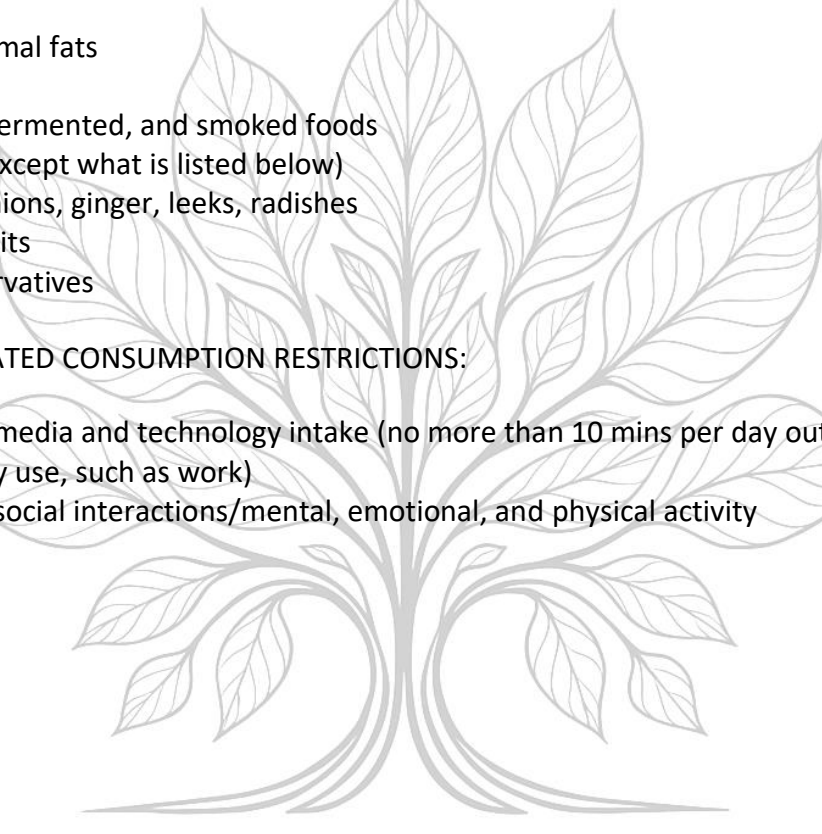
Please add the following restrictions **1-week** before your arrival at the center.

FOOD-RELATED RESTRICTIONS – **COMPLETELY REMOVE:**

- Ice and ice-cold drinks (cool drinks are okay)
- Honey (fresh and naturally dried fruit ok, watered down pure juice ok)
- Salt
- Oils / animal fats
- 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



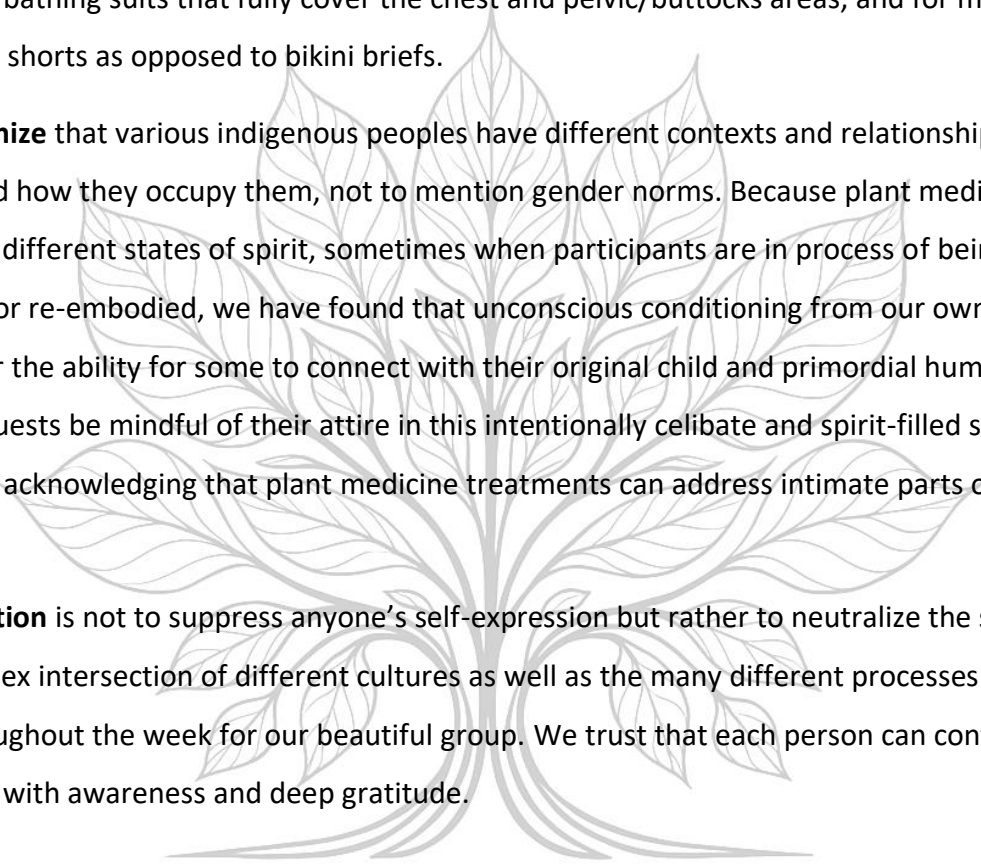
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IN-PERSON SPECIFICATIONS

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, while also acknowledging that plant medicine treatments can address intimate parts of the body.

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. We trust that each person can contribute to this space with awareness and deep gratitude.



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POST-RETREAT SPECIFICATIONS

Immediately after your retreat, all food and non-food-related restrictions must still be followed.

Important prohibited items include:

FOOD-RELATED RESTRICTIONS:

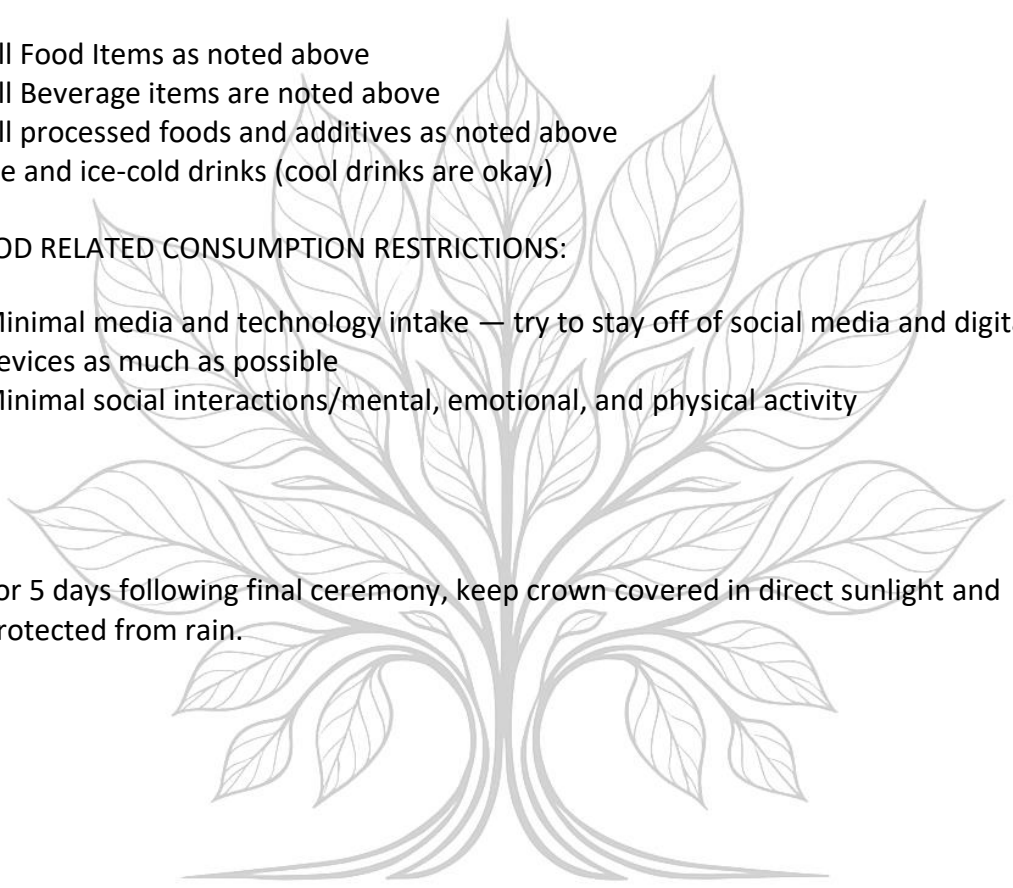
- All Food Items as noted above
- All Beverage items are noted above
- All processed foods and additives as noted above
- Ice and ice-cold drinks (cool drinks are okay)

NON-FOOD RELATED CONSUMPTION RESTRICTIONS:

- 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

ARKANA:

- For 5 days following final ceremony, keep crown covered in direct sunlight and protected from rain.



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1-WEEK AFTER

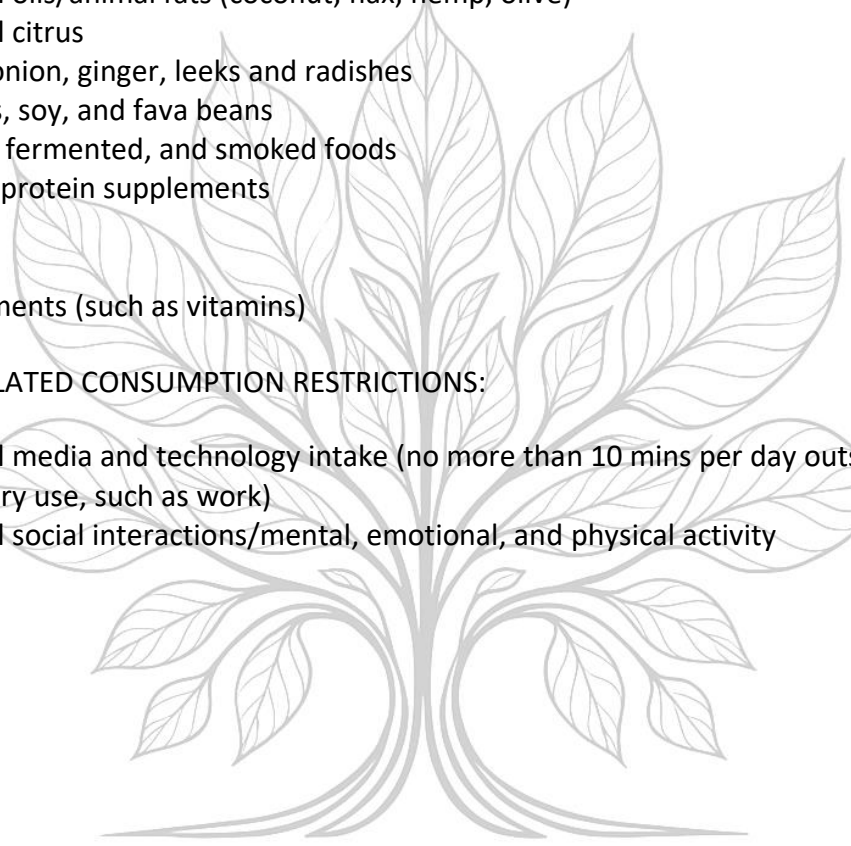
1 week after your retreat, you may begin to slowly lift restrictions within moderation.

FOOD-RELATED RESTRICTIONS:

- 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 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



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2-WEEKS AFTER

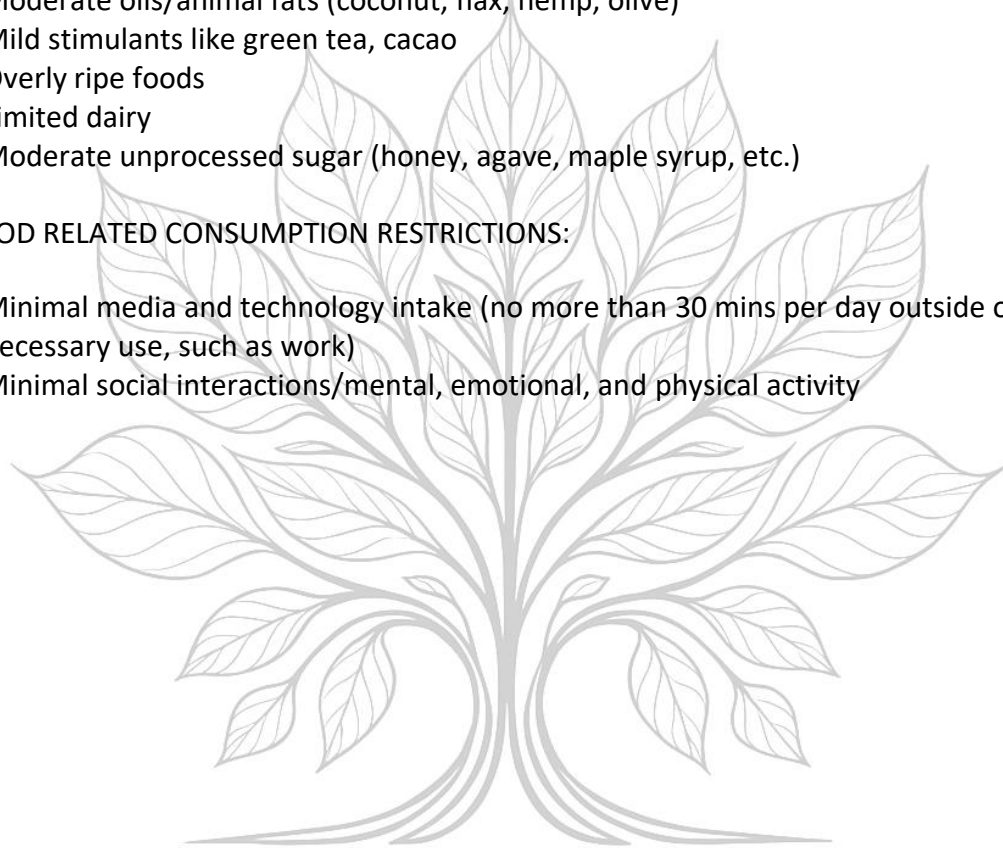
2 weeks after your retreat, you may begin to slowly lift restrictions within moderation.

FOOD-RELATED RESTRICTIONS:

- 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 RESTRICTIONS:

- 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



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3-WEEKS AFTER

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

FOOD-RELATED RESTRICTIONS:

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

NON-FOOD RELATED CONSUMPTION RESTRICTIONS:

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



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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 RESTRICTIONS:

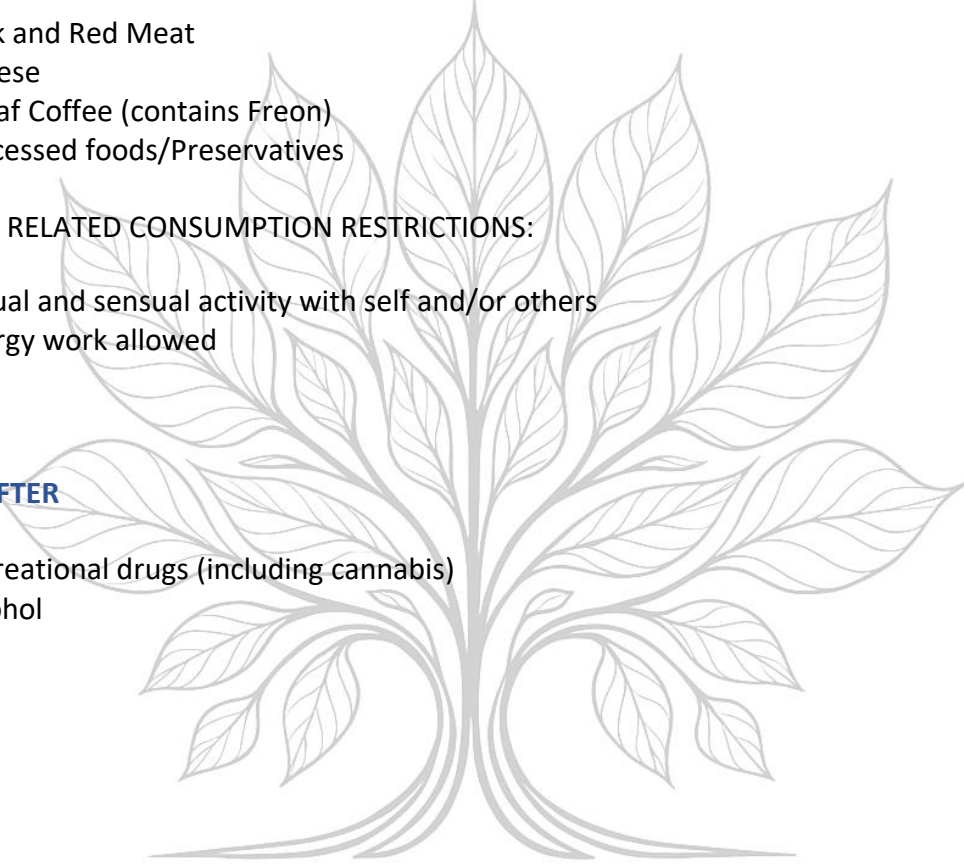
- Pork and Red Meat
- Cheese
- Decaf Coffee (contains Freon)
- Processed foods/Preservatives

NON-FOOD RELATED CONSUMPTION RESTRICTIONS:

- Sexual and sensual activity with self and/or others
- Energy work allowed

6-WEEKS AFTER

- Recreational drugs (including cannabis)
- Alcohol



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FOODS YOU CAN EAT

- 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 (rec: Lundberg thin 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: cod, halibut, tilapia, trout
- All vegetables EXCEPT onions, garlic, ginger, leeks, radishes, or similar
- Sundried tomatoes (no salt)
- Potatoes, squash, sweet potatoes, yams
- Beans, lentils, legumes
- Apples, bananas, berries, grapes, peaches, pears, 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)
- Homemade milk: almond, cashew, oat, etc. (no preservatives/fermentation)
- Freshly squeezed juices, wheatgrass
- Coconut water
- Herbal teas (no caffeine)
- Soups (no salt, no bouillon)

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SUGGESTED ITEMS FOR “ON THE 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!)

RECIPE FOR 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 PRODUCTS

- 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, pineapple

CAFFEINE

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

ALCOHOL

- Wine, Spirits, Beers and Non-Alcoholic Beer



Thank you for trusting us on your journey. We are honored to be a part of it.



For personalized guidance and tips on food preparation visit
[HoldingCompassionate.space](https://www.holdingcompassionate.space)
to work with our Master Facilitator, Mee Ok Icaro.

