



## THE HUACHUMA PROJECT

[www.TheHuachumaProject.com](http://www.TheHuachumaProject.com)

### **Retreat preparation; Dietary & Spiritual Considerations**

Certain plant medicines require an amount of time in the lead up to ceremony with observed dietary changes. I will outline the basic and essential steps to be safe and ready for your experience ahead. With this information, you may decide to extend the duration if you feel this is right for your process.

A minimum of 1 week before San Pedro aka Huachuma you need to:

STOP imbibing alcohol and recreational substances. (excluding nicotine) this is to give your body a chance to process the medicine and reset any tolerances but, most importantly, negate any potential for harmful chemical interactions.

Cut out soy, dairy products and processed foods. These foods disrupt our vagus nerve when in combination with San Pedro.

If you eat meat, choose poultry and fish options this week. Red meat can upset the stomach with San Pedro.

Decreased intake on fatty and spicy foods is advised for a minimum of three days prior.

Increase your intake of fresh fruit, herbs, vegetables and carbohydrates this week to top off your nutrient and energy stores.

It is also good to observe sexual abstinence for a minimum of three days prior. The stored "life force" energy can help potentiate the experience.

On a personal note; I would recommend listening to music you enjoy, watching evoking movies but nothing violent, reading something you like, journaling, logging out of social media and going to bed early or sitting in early at night in a nice bath. In other words, be indulgent and take care of yourself.

These preparations should be observed for another week afterwards to aid integration.

These preparations also apply If you are partaking in a Kambo Treatment whilst on retreat with the addition of a six hour minimum fasting period and 12 hours without caffeine.

If you have any questions on this please ask.

**With Heart, Austin.  
The Huachuma Project  
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