

BEGINNING DIETA RESTRICTIONS

I warmly invite you to follow these guidelines for a successful and beautiful dieta with your plant:

7 days clear of the following prior to the dieta, for the duration of the dieta, and 14 days after the dieta (for some stronger plants, 14 days prior is better)

- **recreational drugs**
- **cannabis and cannabis products**
- alcohol
- pork products or red meat
- spicy and overly salty food
- all sexual activity (personal and otherwise)
- this usually includes prescription pharmaceuticals (but there are exceptions)

3-5 days clear of the following:

- Salt (salt creates a barrier—it's a protection mineral, and deeply cleansing, so much so that it can close dieta, and is traditionally used to close dieta)
- Oil (natural oil *inside* whole foods is ok: nuts, avocado, hemp seed, etc., but try to keep it under 20gm, because oil creates a barrier/film and can inhibit/delay physical connection)
- Sugar and other sweeteners—(SWEET is a strong taste that can create cravings, and stops the full experience of the plant taste. Three days without it, and you'll likely notice a difference in your tastebuds—even eggs will begin to taste sweet!)
- Strong pungent or spicy foods (garlic, onions, chili, MINT...)
- Dairy products, including goat products (eggs ok)
- Fermented food (probiotics okay in some diets, but nothing with a strong sour taste)
- Over the counter medications and pharmaceutical products (exceptions apply, and can be taken with prayers/blessings)
- supplements and herbal preparations (exceptions apply, and can be taken with prayers/blessings)
- mint toothpaste
- Artificial colours, flavours, FRAGRANCES, preservatives

Once dieta is OPEN please refrain from the following):

- endive family (garlic, onion, chives, shallots...)
- citrus
- dried fruit
- all strong/sweet/salty/acidic/sour tastes (including but not limited to: celery, tomato, sea vegetables, plums, mango, strawberries, raspberries, cranberries, pomegranate...)
- avoid direct contact with 100% pure essential oils, as well as mosquito sprays, or anything strong smelling
- avoid packaged incense (Tobacco, Rose, Palo Santo are recommended for clearing space and personal energy)
- avoid hapé (when dieting Tobacco, pure Tobacco hapés can be used)
- artificially fragranced products (personal body care, shampoo etc, laundry and cleaning products)

- limit food cooked by others whenever possible (pray and bless)
- avoid salt water, because it will close the dieta (lakes and rivers are good!)

Foods that are good to eat on social dieta: (please read ALL ingredients on any packages)

all whole grains (oats, quinoa, rice, polenta, etc)
 all legumes (beans, lentils, split peas, soya beans, etc)
 all seeds in moderation (chia, hemp, sesame, etc)
 all nuts in moderation, including nut butters (probably not peanut butter, unless mixed into a meal: high in chemicals if not organic, and a strong flavor)
 young coconut in moderation (if electrolytes are an issue, please have up to one a day)
unsweetened coconut water for electrolytes (especially in warm months, and for exercising or physical work)
 all root veggies
 green leafy veggies (cilantro and arugula in moderation)
 cauliflower, broccoli, pumpkin, brussel sprouts, asparagus...
 avocado in moderation
 sprouts (but not spicy varieties like mustard)
 bananas (not overly ripe)
 green apples (or other non-sweet apples)
 blueberries
 (any fruit or veggie on the Aya Healing Retreats list is good)
 small amounts of ginger/ginger tea okay in cold months
 eggs, white fish, chicken (if eaten in regular diet)
 tofu (unflavoured, unsalted)
 rice noodles and puffed rice cakes and corn cakes (check for salt content)
 wheat pasta, but check for salt/preservatives
 Ezekiel “low sodium” bread (double check for salt, recipes change)
 Manna bread (usually in freezer at a health food shop: not the one with raisins)

If your desire is to experience a stronger, more traditional dieta, or you are undergoing shorter dieta, please feel welcome to check in about eating less of the above tastes/foods. The more room we make, the more we can receive, but we also need to be kind to ourselves and stay safe, so please check in before embarking upon extra restrictions. 😊