

Ceremony Preparation Diet



Hello and welcome to the important diet preparations for your upcoming Mystical Experience with the beautiful plant spirits.

Due to the nature of the magical plants, a cleansing diet is necessary:

- to ensure respect for the plants
- to receive the best possible experience
- for you to remain safe.

Certain food types, drugs, medication and alcohol do not mix with the plants and can be very dangerous if combined. Part of your commitment to these plants and the ceremony is to follow the diet and cleanse your body.

Please be prepared to expect withdrawal symptoms from certain food types, especially coffee and sugar, which could reveal hidden emotions to surface.

The ceremony diet is designed to keep you safe, and free your body of heavy energies and blocked emotions. It is not to make you suffer in any way and it should be welcomed as a show of commitment. Coffee is not permitted on the diet, however we do allow two cups of tea per day, to ease your process from caffeine withdrawal.

Please remember to embrace the diet with love. Moderation means moderation; not a free license to just continue with food dependencies. Moderation foods can react with the plants in large amounts, so cut down.

It is good to eat fresh, home prepared and be creative.

Following the ceremony there will be a breakfast provided in the morning.

If you are staying for two nights, please bring food for your lunch, for in between the ceremonies.

It is vital to your health, wellbeing and life that you inform us of any recent changes to your situation regarding health.



SUNGATE

The diet should begin FIVE days prior to the ceremony and MUST be followed strictly for the THREE days leading into ceremony.

The diet can be challenging for some people, so we recommend planning ahead and beginning it five days prior and then strictly following it for three days prior, to help you adjust, especially for your first time.

ALL non-prescription drugs must be stopped for THREE WEEKS prior.

After ceremony, street drugs should not be taken for two weeks and cannabis, ideally for three days.

We have outlined the diet in two categories. One category is the 'NO, Not allowed', the other is, 'In moderation'. **The NO category means NO, under any circumstances.**

THE NO CATEGORY

- No alcohol
- No street drugs
- No prescription drugs
- No hot spices
- No chilli
- No 'Adding Salt' to food
- No gravy, stock cubes, shop bought stock, packet soups, miso soup or pot noodles
- No brewer's yeast or yeast spreads (marmite, etc.)
- No cooking with oils
- No hard or aged cheese
- No processed ready-made meals
- No soya products
- No tofu
- No sugar
- No fizzy drinks
- No fermented foods
- No vinegar or pickled foods
- No bacon
- No ham
- No chorizo/ cured sausage
- No red meat (Hunted game meat is ok)
- No coffee
- No casual sex
- No prescription drugs
- No supplements
- No Chinese herbs
- No St.John's wort (**for two weeks**)
- No Betel, Boswellia, Carrot seed, Cowhage, Curcumin, Dill seed, Ephedra, Fo-Ti, Ginseng, Horny Goat Weed, Kanna, Kava, Kratom, Liquorice Root, Parsley seed, Rhodiola Rosea, Scotch Broom, Siberian Ginseng, Sinicuichi, Yerba Mate, Yohimbe



SUNGATE

Items below are to be consumed in moderation ONLY

- Bread
- Butter
- Caffeinated Tea (3 cups per day)
- Milk, natural yogurt, soft cheese
- Dark chocolate min 80%
- Raspberries
- Broad beans (fava and lima beans)
- Decaf Coffee
- Green Tea
- Cacao
- Masturbation

Items below must be stopped for **THREE weeks prior**

**No street drugs at all – MDMA, Viagra, Ecstasy, Cocaine, Ketamine, Speed etc.
(All are very dangerous if mixed)**

NO FOOD IS TO BE EATEN AFTER 4PM ON THE DAY OF YOUR CEREMONY.

You can drink water, herbal tea and fruit juice only, AFTER 4pm on the day.

Many foods can still be enjoyed, and some quick examples are:

- Porridge with cinnamon and honey or sugar free muesli
- Granola is lovely with milk, almond milk or oat milk
- Simple scrambled egg
- Chicken and all fish are ok to eat
- Homemade soup
- Homemade bean-burgers with potatoes are lovely and if you dry roast potatoes then a roast dinner is delicious if you make a stock gravy with no salt
- Chicken thighs, tinned tomatoes, celery, onions, peppers and mushrooms with coriander and mixed herbs cooked together in the oven for 90 minutes is delicious, served with rice, pasta or potatoes/homemade wedges
- Wraps are great if you're working in the city and need lunch
- Chickpeas and lentils are great at bulking out dishes
- Fresh fish with vegetables or roast butternut and sweet potatoes
- Rice pudding homemade with alternative milk, honey, and cinnamon
- Raw chocolate is ok in small amounts for all you sweet-toothed people
- Cacao should be drunk in moderation
- Homemade fresh fruit crumble made with honey, gram flour, oats and coconut fat are delicious.

Lots of love Maestra Skie & Maestro Red xxx



SUNGATE