

GENERAL INFORMATION & SAFETY MEASUREMENTS

The safety of our guests is our highest priority, which is why our retreat team has carefully designed safety protocols to provide a safe retreat experience with Ayahuasca. Feeling safe and comfortable will allow you to open up and receive the full benefits of the ceremonies. Please keep in mind that during the sacred plant retreat ceremony, there will be a medical team with you throughout the whole ceremony, making sure that everything goes well and that you are feeling good and safe. A doctor is present during the Ayahuasca ceremony with access to a full range of medical equipment for emergencies. Before the actual ceremony begins, the doctor will conduct a physical check to ensure the overall health condition of each participant. Besides, the ceremonies are run with between two and four highly qualified Andean healers. The local staff is well trained and prepared in case of emergencies. They have regular follow-ups and team meetings to guarantee the best service. The groups are not larger than 18 participants per ceremony, so the medical and shamanic team is able to give their full attention to each participant.

All the Ayahuasca provided is a simple mixture of Ayahuasca (*Banisteriopsis caapi*) and Chacruna (*Psychotria viridis*), nothing else is added. Before the participation, the medical records of each guest are being checked by a doctor and psychiatrist, making sure that the ceremony will not affect the medical history of our guests. In case of emergency the retreat staff can use a medicine that is able to stop the effect of the Ayahuasca. Before and after the ceremonies, every participant can consult the medical team and shamanic healers to talk about their personal experiences and ask any questions. The retreat center is in contact with the local clinic Peruano Suiza in case any emergency needs specific advice or medical consultation. Each participant has to fill out a questionnaire about their mental and physical health condition to evaluate any risk factors. These records are being checked by the medical team to see if the person can participate or not.

RESTRICTION OF MEDICATION USAGE

Before you drink Ayahuasca it is important that you are aware of the restrictions and risks associated with mixing Ayahuasca with other substances. Some medications and substances are contraindicated with Ayahuasca and can cause permanent damage including death. For this reason it is important that no medications, illicit drugs, vitamins, supplements, natural or otherwise, are taken at least two weeks before the retreat starts. During the retreat it is also strictly forbidden to take any of these. If you are not sure about your individual situation, please consult your doctor and contact us before the booking.

The interaction between the potent monoamine oxidase-inhibiting harmala alkaloids in Ayahuasca and the selective serotonin reuptake inhibitor (SSRI) class of antidepressants may induce a serotonin syndrome with potentially grave outcome. Caution is advised when combining ayahuasca with certain pharmaceutical drugs.

List of specific drugs that should not be combined with Ayahuasca:

Actief, Amantadine Hydrochloride (Symmetrel), Amoxapine (Asendin), Benadryl, Benylin, Bupropion (Wellbutrin), Buspirone, Carbamazepine (Tegretol, Epitol), Clomipramine (Anafranil), Cocaine, Cyclobenzaprine, Cyclizine, Desipramine, Dextromethorphan, Disopyramide, Doxepin Sinequan), Ephedrine, Flavoxate Chlorhydrate, Fluoxetine, Imipramine, Isocarboxazid, Levodopa, Loratadine, Maprotiline, Meperidine, Methylphenidate, Nortriptyline, Oxybutynin Chloride, Orphenadrine, Parnate, Paroxetine, Phenergen, Phenelazine, Procainamide, Protriptyline (Vivactil), Pseudoephedrine, Quinidine, Selegiline, Sertraline, Tegretol, Temaril, Tranylcypramine, Tricyclic antidepressants, trimipramine, Yohimbine.

And also: San Juan, Kava, Ephedra, Ginseng, Yohimbe, Sinicuichi.

**Note: If you are using any of the medications listed above and would like to perform an Ayahuasca ceremony, it is important you consult with your physician as to how to wean yourself off the medication or substitute it for another medication that has no interactions with Ayahuasca. You are obligated to contact us about your case, so the retreat staff can consult with you as well.*

PHYSICAL & MENTAL HEALTH CONDITION OF PARTICIPANTS

Ayahuasca ceremonies hold potential risk for participants and are not equally well suited to all individuals. We would like to clearly outline the type of physical and psychological conditions that increase a patient's risk. Individuals with these conditions should refrain from the consumption of Ayahuasca. Any medical conditions has to be consulted with the Travel and Healing team.

List of diagnoses (affected patients with these conditions are not allowed to participate:

- Schizoid or Schizoid Disorder of Personality.
- Schizophrenic personality disorder.
- Bipolar personality disorder.
- Borderline personality disorder.
- Active addiction to cocaine, amphetamines and other nervous system triggers.
- Severe mental retardation.
- Psychopathic Personality.
- Patients with Down and Turner Syndrome.
- Patients who have suffered strokes with sequelae.
- Patients with autism.
- Patients with cardiovascular and endocrinological disorders with the following diagnoses:
- Coronary heart disease (myocardial infarction)
- Peripheral Vascular disease.
- Heart failure
- Rheumatic heart disease
- Congenital heart disease
- Cardiomyopathies
- Deep venous thrombosis and pulmonary embolism.
- Peripheral arteriopathies.
- Cerebrovascular disease.
- Addison's Disease.
- Crohn disease
- Type 1 Diabetes
- Type 2 Diabetes
- High blood pressure

MEDICAL GUIDELINE

For the mass majority of people Ayahuasca is completely safe and very beneficial, there are rare occasions when it's not so safe due to certain medical conditions and pharmaceutical medications. It is necessary that you agree to disclose, in confidence, any known medical conditions and/or use of any medication, at the time of booking. Certain drugs and medications have been found NOT to be compatible with Ayahuasca. It is essential to stop taking the following substances at least 4 weeks prior to a retreat. This will give your system sufficient time to remove them from your system, before the start date. Please consult your doctor if you are in any doubt: you certainly should not suddenly stop taking prescribed medications (including antidepressants) without consulting your doctor.

It is not safe to work with Ayahuasca if you take the following medications or have any of the following health conditions:

- Any medication that contains Monoamine Oxidase Inhibitors (MAOIs). These medications are known to cause dangerous side effects when taken in conjunction with Ayahuasca. It is critical that you stop taking these drugs and allow plenty of time for your system to be cleared of these substances.
- Any medication which has an effect on the serotonin system, including Selective Serotonin Reuptake Inhibitors (SSRIs) (i.e. antidepressants such as Wellbutrin, Prozac, Zoloft, Effexor, etc). Combining these medications with Ayahuasca can induce serotonin syndrome – far more severely than with foods containing tryptophan, and with potentially fatal results. We advise you to stop taking SSRI medications six weeks prior to a workshop to allow the system to clear in time; some of these drugs may cause side effects when you stop taking them, and you should allow plenty of time for these to subside. You should not abruptly stop taking them without discussing the matter with your doctor. Please note that the herbal antidepressant St. John's Wort (*Hypericum Perforatum*) also must not be taken directly prior to working with Ayahuasca, although the system can clear this in 2 weeks before commencing a workshop.
- Other medications you must suspend taking are decongestants, cold medications, allergy medications, antihistamines, sedatives, tranquilisers, amphetamines (including Adderall), some hypertensive medications, sympathomimetic amines including pseudoephedrine and ephedrine, carbamazepine,

methylphenidate (Ritalin), macromerine, phenylalanine, tyrosine, tryptophan, asarone/calamus, asthma inhalers and diet pills.

- Although Ayahuasca has not been found to cause psychosis or other psychiatric disturbances, it can be difficult for those with a very extensive history of psychological problems. Please tell us, in confidence, about any history of mental health problems.

- If you have a heart condition or chronic high blood pressure you cannot be accepted in a workshop.

- It is not safe to drink Ayahuasca when you are pregnant.

- Special note to diabetics: MAOIs may change the amount of insulin or oral anti-diabetic medication that you need. If you are diabetic, unfortunately we are unable to accept you onto the retreat at this time.

- Medicine for asthma, bronchitis, or other breathing problems; antihistamines, medicines for colds, sinus problems, hay fever, or allergies (Actifed DM, Benadryl, Benylin, Chlor-Trimeton, Compoz. These include Bromarest-DM or -DX, Dimetane-DX cough syrup, Dristan Cold & Flu, Phenergan with Dextromethorphan, Robitussin-DM, Vicks formula 44-D several Tylenol cold, cough, and flu preparations, and many others — any drug with DM or Tuss in its name.)

- CNS (central nervous system) depressants

- Antipsychotics

- Barbiturates

- Alcohol

Illegal or recreational drugs that are very dangerous to combine with MAOIs:

- Cocaine

- Amphetamines (meth-, dex-, amphetamine)

- MDMA (Ecstasy)

- MDA

- MDEA

- PMA

- Dextromethorphan (DXM)

Illegal or recreational drugs that may be dangerous to combine with MAOIs:

- Opiates

- Mescaline (any phenethyl psychoactive rates)

Other psychoactive that should not be combined with MAOIs:

- Kratom

- Kava

Some specific pharmaceutical drugs that should not be combined with MAOIs (some are mild risks, others serious):

- Actifed

- Adderall

- Alaproclate

- Albuterol (Proventil, Ventolin)

- Amantadine hydrochloride (Symmetrel)

- Amineptine

- Amitriptyline

- Amoxapine (Asendin)

- Atomoxetine

- Befloxadone

- Benadryl

- Benylin

- Benzedrine

- Benzphetamine (Didrex)

- Bichhadine

- Brasofensine

- Brofaromine

- Bupropion (Wellbutrin)

- Buspirone (BuSpar)

- Butriptyline

- Carbamazepine (Tegretol, Eptol)

- Chlorpheniramine

- Chlor Trimeton

- Cimoxetone

- Citalopram

- Clomipramine (Anafranil)

- Codeine

- Cyclobenzaprine (Flexeril)

- Cyclizine (Marezine)

- Dapoxetine

- Desipramine (Pertofrane, Norpramin)

- Desvenlafaxine

- Dextroamphetamine (Dexedrine)

- Dextromethorphan (DXM)

- Dibenzepin

- Dienolide kavapyrone desmethoxyyangonin

- Diethylpropion

- Disopyramide (Norpace)

- Disulfiram (Antabuse)
- Dopamine (Intropin)
- Dosulepin
- Doxepin (Sinequan)
- Duloxetine
- Emsam
- Ephedrine
- Epinephrine (Adrenalin)
- Escitalopram
- Femoxetine
- Fenfluramine (Pondimin)
- Flavoxate Hydrochloride (Urispas)
- Fluoxetine (Prozac)
- Fluvoxamine
- Furazolidone (Furoxone)
- Guanethidine
- Guanadrel (Hylorel)
- Guanethidine (Ismelin)
- Hydralazine (Apresoline)
- 5 Hydroxytryptophan
- Imipramine (Tofranil)
- Iprindole
- Iproniazid
- Iproclozide
- Isocarboxazid (Marplan)
- Isoniazid (Laniazid, Nydrazid)
- Isoniazid rifampin (Rifamate, Rimactane)
- Isoproterenol (Isuprel)
- L dopa (Sinemet)
- Levodopa (Dopar, Larodopa)
- Linezolid (Zyvox, Zyvoxid)
- Lithium (Eskalith)
- Lofepramine
- Loratadine (Claritin)
- Maprotiline (Ludiomil)
- Medifoxamine
- Melitracen
- Meperidine (Demerol)
- Metaproterenol (Alupent, Metaprel)
- Metaraminol (Aramine)
- Methamphetamine (Desoxyn)
- Methyl dopa (Aldomet)
- Methylphenidate (Ritalin)
- Mianserin
- Milnacipran
- Minaprine
- Mirtazapine (Remeron)
- Moclobemide
- Montelukast (Singulair)
- Nefazodone
- Nialamide
- Nisoxetine
- Nomifensine
- Norepinephrine (Levophed)
- Nortriptyline (Aventyl)
- Oxybutynin chloride (Ditropan)
- Oxymetazoline (Afrin)
- Orphenadrine (Norflex)
- Pargyline (Eutonyl)
- Parnate
- Paroxetine (Paxil)
- Pemoline (Cylert)
- Percocet
- Pethidine (Demerol)
- Phendimetrazine (Selegiline)
- Phenergen
- Phenmetrazine
- Phentermine
- Phenylephrine
- Phenylpropanolamine
- Phenelzine (Nardil)
- Procarbazine (Matulane)
- Procainamide (Pronestyl)
- Protriptyline (Vivactil)
- Pseudoephedrine
- Oxymetazoline (Afrin)
- Quinidine (Quinidex)
- Rasagiline (Azilect)
- Reboxetine
- Reserpine (Serpasil)
- Risperidone
- Salbutamol
- Salmeterol
- Selegiline (Eldepryl)
- Sertraline (Zoloft)
- Sibutramine
- Sumatriptan (Imitrex)
- Terfenadine (Seldane D)
- Tegretol
- Tamaril
- Tesofensine
- Theophylline (Theo Dur)
- Tianeptine
- Toloxatone
- Tramadol
- Tranlycypromine (Parnate)
- Trazodone
- Tricyclic antidepressants
- Trimipramine (Surmontil)
- Triptans
- Vanoxerine
- Venlafaxine (Effexor)
- Viloxazine
- Yohimbine
- Zimelidine
- Ziprasidone (Geodon)

Also avoid the following herbs 2 weeks prior to your retreat start date:

- St. John's Wort
- Kava
- Kratom
- Ephedra
- Ginseng
- Yohimbe
- Sinicuichi
- Rhodiola Rosea
- Kanna
- Boswellia
- Nutmeg
- Scotch Broom
- Licorice Root

Using tricyclic antidepressants within two weeks of taking MAOIs may cause serious side effects including sudden fever, extremely high blood pressure, convulsions, and death.

Using Fluoxetine (Prozac) within five weeks of taking MAOIs may cause high fever, rigidity, high blood pressure, mental changes, confusion, and hypomania.

Using Benzedrine, Benzphetamine, Desipramine, Desoxyn, Dexedrine, Dopamine, Ephedrine (contained in Marax, Quadrinal, and other asthma drugs), Epinephrine, Guanadrel, Guanethidine, Hydralazine, Isoproterenol, L-dopa, Metaraminol, Methyl dopa, Mirtazapine, Norepinephrine Oxymetazoline, Phendimetrazine, Phentermine, Phenylephrine, Phenylpropanolamine, Pseudoephedrine, Ritalin, or Venlafaxine with MAOIs may cause a hypertensive crisis (severe spike in blood pressure).

Adderall with MAOIs can result in high body temperature, seizure, and in some cases, coma.

Using Bupropion (Wellbutrin) within two weeks of taking MAOIs may cause serious side effects such as seizures.

Using Buspirone (Buspar) with MAOIs may cause high blood pressure and increased sedative effects.

Using Carbamazepine (Tegretol) with MAOIs may result in fever and may increase seizures, especially in epileptics.

Using Clomipramine with MAOIs may cause high fever (hyperpyrexia) and seizures.

Using CNS depressants with MAOIs may increase the depressant effects.

Using Desipramine (Norpramin, Pertofrane) with MAOIs may result in hypertensive crises.

Using Dextromethorphan with MAOIs may cause excitement, high blood pressure, and fever, or brief episodes of psychosis.

Using Fenfluramine with MAOIs may result in fever (hyperpyrexia).

Using Kava with MAOIs may result in a hypotensive crisis (severe blood pressure drop).

Using Lithium with MAOIs may cause fever and serotonin syndrome.

Using Meperidine (Demerol) with pharmaceutical MAOIs has resulted in deaths from a single dose.

Using Metaproterenol or other beta-adrenergic bronchodilators with MAOIs may cause blood pressure elevation and rapid heartbeat.

Using Mirtazapine (Remeron) with MAOIs may result in hypertensive crises.

Using Nefazodone (Serzone) may result in high fever.

Using Tamaril with MAOIs may increase the chance of side effects.

Using Terfenadine with MAOIs may cause an increase in MAOI blood levels.

Using Theophylline with MAOIs may cause rapid heartbeat and anxiety.

Using Trazodone (Desyrel) with MAOIs may result in high fever.

Using Tryptophan or L-tryptophan with MAOIs may cause disorientation, confusion, amnesia, delirium, agitation, memory impairment, hypomanic signs, or shivering.

Using Venlafaxine (Effexor) with MAOIs may result in hypertensive crises.

Using Ziprasidone (Geodon) with MAOIs may cause serotonin syndrome.

Using alcohol with MAOIs may cause side effects like angina (chest pain) or headaches. The headache may mask or be mistaken for hypertensive crisis caused by MAOI interaction. MAOIs can also increase the sedative effect of alcohol.

Using opiates with MAOIs carries a risk of respiratory depression.

Using diuretics with MAOIs may cause a greater drop in blood pressure than normal and increase in MAOI blood levels.

Using anesthetics with MAOIs may potentiate the anesthetic effect.

Using sleeping pills, tranquilisers (major or minor), or barbiturates with MAOIs may increase the sedative effect.