



Ayahuasca has been found to be incompatible with some drugs and medications. This means that should you have another drug or substance in your system when you take Ayahuasca and other medicinal plants, that it may lead to serious injury or even death.

*Please take the time to read through our medical guidelines below.*

For your own safety and the safety of others it is imperative that you give your body sufficient time to purge street drugs and certain medications from your system. We cannot stress how important this is to guarantee your safety and the safety of others.

If you are currently taking prescribed medications that you are concerned will conflict with our sacred plant medicines, please consult the substances listed below and speak with your doctor well before your departure for Peru.

**If you are unsure about anything that we have outlined, please contact us as soon as possible.**

Marijuana is a particularly important drug to avoid and thoroughly cleanse your system of in the weeks prior to your journey with us. Marijuana has been known to act as a blockage for Ayahuasca and has been shown to prevent the sacred medicine from healing the body. Given that throughout the Ayahuasca ceremonies you will be in close relation to other participants who are particularly sensitive as they open themselves up to the healing ritual, a person intoxicated by Marijuana can darken the energy field of the medicine circle and prevent others from experiencing what Ayahuasca has intended for them. In the interest of others and yourself, please abstain from using marijuana in the weeks before and after retreat.

Likewise, Cocaine and Amphetamines, including MDMA (ecstasy) when used together with our sacred medicines can prove fatal. Stimulants such as those listed above contain Monoamine Oxidase inhibitors and when taken lead to an increased heart rate and raised blood pressure. Ingesting these alongside Ayahuasca can increase the risk of stroke, heart attack and cerebral haemorrhaging. It is vital that you ensure your system is free from any street drug that may have the potential to cause you and others great harm when taken alongside our sacred medicines in the weeks leading up to retreat.

**If we suspect that you have taken a prohibited drug or consumed alcohol upon or immediately prior to your arrival we reserve the right to prevent you from participating in our programs. This is paramount to ensure the safety and wellbeing of all guests, including yourself.**

## Physical Safety

The alkaloids present in ayahuasca interact with the serotonergic system in different ways: the beta-carbolines, for example harmine, are inhibitors of the MAO enzyme, which has its role

in the degradation of serotonin and other neurotransmitters. Therefore, the use of ayahuasca in combination with other serotonergic pharmaceuticals, such as antidepressants, can potentially cause adverse reactions such as the 'serotonin syndrome', which theoretically can have serious consequences for one's health. While the possibility of such adverse event occurring has not been confirmed, we advise that people that receiving treatment with medication (including natural products), or under the effect of any drug that acts on the serotonergic system, are extremely cautious when considering taking ayahuasca.

## Psychological Safety

Next to physical safety, it is important to take psychological safety into consideration. While there are not many reported cases of adverse events, some cases have been documented of episodes of panic or psychosis following the use of ayahuasca. Therefore, people with personality disorders or a history of mental disorders (such as borderline, bipolar, schizophrenia, etc.) are at risk if they use ayahuasca. In general, a pre-selection that evaluates the presence of some of the mentioned risk factors, a psychological preparation of the individual and a controlled context in which the ayahuasca is taken, as well as an adequate integration of the experience, are keys to reduce the ayahuasca related risks.

## Pharmaceutical drugs found dangerous to combine with Ayahuasca (MAOIs)

- Actifed
- Adderall
- Alaproclate
- Albuterol (Proventil, Ventolin)
- Amantadine hydrochloride (Symmetrel)
  
- Amineptine
- Amitriptyline
- Amoxapine (Asendin)
- Atomoxetine
- Befloxedone
- Benadryl
- Benylin
- Benzedrine
- Benzphetamine (Didrex) • Bicyclanil
  
- Brasofensine
- Brofaromine
- Bupropion (Wellbutrin)

- Buspirone (BuSpar)
- Butriptyline
- Carbamazepine (Tegretol, Eptol)
- Chlorpheniramine
- Chlor Trimeton
- Cimetidine
- Citalopram
- Clomipramine (Anafranil)
- Codeine
- Cyclobenzaprine (Flexeril)
- Cyclizine (Marezine)
- Dapoxetine
- Desipramine (Pertofrane, Norpramin)
- Desvenlafaxine
- Dextroamphetamine (Dexedrine)
- Dextromethorphan (DXM)
- Dibenzepin
- Dienolide kavapyrone desmethoxyangonin
  
- 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)
- Guanethedine
- Guanadrel (Hylorel)
- Guanethidine (Ismelin)
- Hydralazine (Apresoline)
- 5 Hydroxytryptophan
- Imipramine (Tofranil)
- Iprindole
- Iproniazid (Marsilid, Iprozid, Ipronid, Rivivol, Propilniazida)
- 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 (Aidomet)
- 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
  
- Pethedine (Demerol)
  
- Phendimetrazine (Plegiline)
  
- Phenergen
  
- Phenmetrazine
  
- Phentermine
  
- Phenylephrine (Dimetane, Dristan decongestant, Neo Synephrine)
  
- Phenylpropanolamine (in many cold medicines)
  
- Phenzine (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
- Temaril
- Tesofensine
- Theophylline (Theo Dur)
- Tianeptine
- Toloxatone
- Tramadol
- Tranylcypromine (Parnate)
- Trazodone
- Tricyclic antidepressants (Amitriptyline, Elavil) • Trimipramine (Surmontil)
- Triptans
- Vanoxerine
- Venlafaxine (Effexor)
- Viloxazine
- Yohimbine
  
- Zimelidine
- Ziprasidone (Geodon)

These drugs and meds can be dangerous with Ayahuasca:

- other MAOIs
- SSRI's (any selective serotonin reuptake in-

hibitor)

- antihypertensives (high blood pressure medicine) ▪ appetite suppressants (diet pills)
  
- 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, 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 containing dextromethorphan/DXM or with DM, DX or Tuss in its name.)
  
- CNS (central nervous system) depressants (xanax, ativan, etc)
  
- vasodilators
- antipsychotics ▪ barbiturates
- alcohol

### Please avoid the following herbs:

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