



Thanks for your interest in dieting Ayahuasca medicine with 'Via Verde'! This document will provide all important information you need to fully understand and prepare for the process ahead.



The Dieta

The **dieta** is a process designed to maximise the benefits of an **Ayahuasca experience**, as well as specific plant medicines you will be assigned. It involves personal isolation and a limited diet. This method differs from the standard retreat experience as it eliminates many distractions, social or otherwise, and many of the modern comforts that make us weak and sleepy. A dieta is wake-up time! You will be spending your week mostly alone, at a private shelter in the jungle. Your body will be challenged to awaken from its urban slumber with bare-bones food sources (expect to lose some weight!)

The dieta process adds more to self-growth than Ayahuasca alone. It provides time to focus completely on oneself, your personal issues, and on absorbing the effects of the medicines. Many big life decisions are made in these basic little camps. It's hard work on many levels, but odds are you won't want to leave, when it's over!

The key components of the dieta experience are as follows:

- Drinking Ayahuasca roughly every 2nd night.*
- Drinking additional plant medicine daily.**
- Unsalted, boiled diet (Rice, Potatoes, Oats, Plantains)
- Isolation from social contact
- Close contact with nature

We provide these dietas on 'weekly' cycles. Most newcomers to Ayahuasca will begin with just one cycle. The more adventurous or experienced can elect to do as many cycles in diet as they wish. Each consecutive week spent in a dieta tends to double in power.

** & * (See page 5 for details)

What's Waiting For You

Your process takes place in Peru, outside a small city called Tarapoto. All you need to worry about is booking your flights. You will be taken care of from the moment you arrive at Tarapoto's airport. We will pick you up and usually head directly to camp with your fellow dieters, or wait together for everyone to arrive. If you arrive the day(s) before dieting, you will be taken to a hotel and picked up on departure day. Once back in town after the dieta, you will again be taken to the airport for your return flight, or to a hotel to enjoy the rest of your stay in Tarapoto. We've got you covered!

Your dieta will happen at Maestro Orlando's private dieta center, in a tiny village along the banks of a mighty Amazon river channel. The natural sights are incredible and inspiring, so bring a camera! To reach the center, we will be traveling about 2 hours out of town; first by car and then by motor boat.

Our center's main camp (pictured right) has running untreated water and basic electricity. You can charge your cameras and cell phones with

western style plugs, no problem. There are toilets, cold water showers, plenty of rooms for guests. Basic bedding, pillows, blankets – You will be at rest. Mosquito nets are always provided and will serve all the protection you need when sleeping. Filtered water tanks are on-hand for filling your bottle, and you will be fed both dieta meals and the normal pre/post-dieta meals when appropriate.



You will be spending your isolation period in a private jungle shelter called a Tambo (pictured left) which are located a small distance from main camp. There, you will have no electricity, running water, toilet... **You will have a mattress, pillow, blanket, mosquito netting, and a hammock to relax in.** With all the time in the world you could want. You'll be free to walk back to camp for any needs (water refill, shower, toilet) but it's best to spend as much time as possible isolated here. We're always happy to refill your water for you and you can also relieve yourself along the bush-line, if you like.

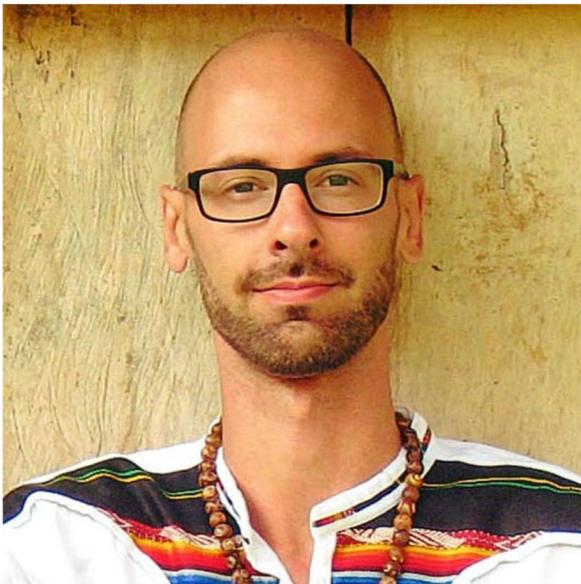
Maestro Orlando

You will be under the care of Maestro Orlando, an accomplished plant medicine 'vegetalista' with a global reputation. If you've heard Aubrey Markus' stories of Ayahuasca on the 'Joe Rogan Podcast' – This was their man! He frequently travels to other countries to work with groups, and has decades of experience in healing and Ayahuasca center operations. He is of the Quechua culture, whose language is reflected in his songs and ceremonial style. His main tasks include:

- Driving the opening and closing group ceremonies
- Any necessary acts of energetic healing needed along the way
- Determining which plant medicines to use for the week
- Overseeing your dieta experience on the spiritual/energetic level
- Visits to discuss your thoughts and personal progress
- Emotional/Moral support where needed



Pedro



Meet your guide, Pedro! He's been speaking and writing about Ayahuasca and psychedelics for many years. In 2016 he moved his life to Tarapoto to apprentice in Ayahuasca medicine. He's been learning and working at our center, and will be at your service. Think of him as your Ayahuasca 'personal trainer' who will be with you every step of the way! With his help, you'll have the best possible experience and progress, be it your first or tenth time drinking. Services include:

- Guide & transport around Tarapoto
- Translation assistance (English, French, Spanish)
- Daily visits to discuss your thoughts and personal progress
- Handy advice on managing/understanding your experience
- Able to answer virtually any question you'll have
- Emotional/Moral support where needed

Not only will Pedro be your guide and trainer, but he'll be dieting alongside you too, and so will be nearby day-and-night for your immediate needs. You may be traveling alone, but you have a friend waiting here!

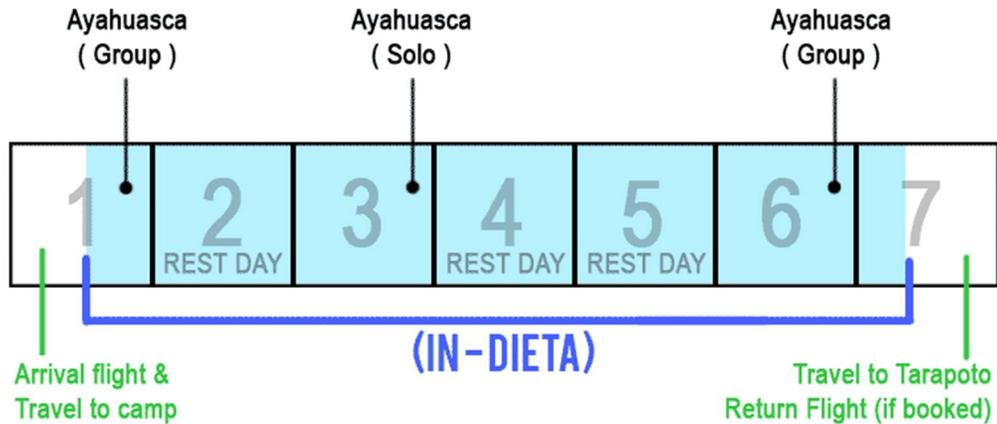
Ayahuasca & The Spirits

Let's not forget the biggest healer and ally waiting for you: Mother Ayahuasca and Her team of spirits! She is here with open arms, and already knows what you need in order to heal and grow. You'll likely encounter something completely different than you expected coming in, but you'll come to see that it was exactly what 'the doctora' ordered.

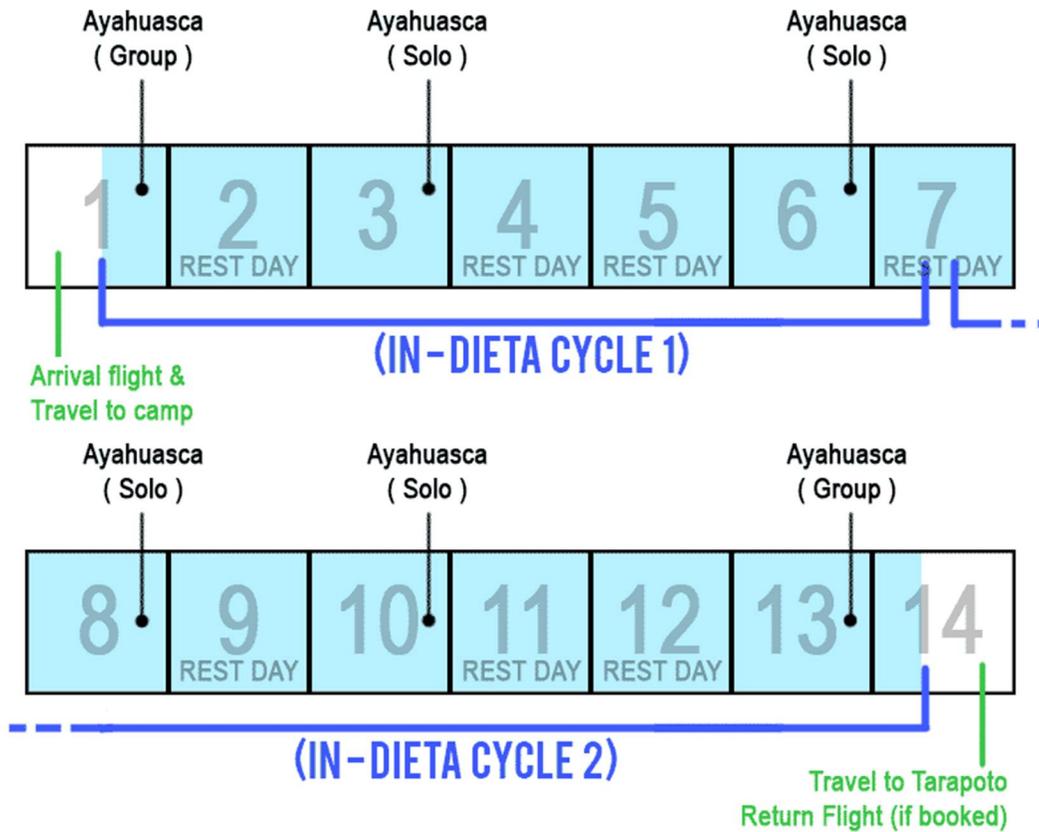
Maestro Orlando channels powerful energies, so prepare to be surprised! We'll be with you, to help you digest whatever it is your experience.



A 'one-week' dieta session would look as follows:



A 'multiple-week' session (in this case, two cycles) would look as follows:



Each cycle contains 3 nights of Ayahuasca (the mid-week drink may fall to the next day instead). We also recommend planning a little time in Tarapoto, both before or after your diet. Tarapoto is a lovely, friendly town to relax in and enjoy the sunshine! Hotel and food costs are low (Hotels average 20-30\$ - Meals average 2-4\$).

*On rare occasion, maestro Orlando may choose to skip a scheduled Ayahuasca session and instead make it a rest-day. This is not done to save money or effort on our part, but a judgment call made by maestro for your benefit, for reasons he may or may not explain. It is important to regard your time here as a personalized dieta experience, not just “Paying for x-amount of Ayahuasca drinks”. The dieta process is far more than just “drinking Ayahuasca”. You will see!

**Any other medicine you’ll be working with is determined by maestro Orlando, in our first group ceremony. You may be ingesting it every morning, or only once. If you wish to diet a specific plant with us, please ask before booking!

Restrictions While Dieting



While ‘in-dieta’, you will be expected to follow certain limitations on behaviour and food. This is where the ‘diet’ part comes into the picture. Trust that there are good reasons for each of these limitations; each is about maximizing your sensitivity, self-work and healing! The rules are as follows:

- **No food besides the ones provided** (Plantain, Rice, Oats, Potatoes)
- **No stimulating flavour** (Salt, sugar, spices) (Gum, mints, candy)
- **No fragrances** (Soap, toothpaste, deodorant, cologne, shampoo)
- **No socializing with other dieters** (A smile when crossing is fine)
- **No physical contact with anyone** (Hugs, Handshakes)
- **No sex, no masturbation**
- **No tech toy distractions** (Facebooking, videogames, movies, music)
- **No medicines/drugs besides the ones provided. ***

*(Please communicate medicinal needs before booking with us!)

Breaking any of these rules which affect only yourself is up to you, as your own progress will be the price. Breaking any of these rules which affect other dieters will be taken more seriously and may lead to expulsion without refund.

The Post-Diet

After your time in isolation is complete and it’s time to return to society, you will be assigned a “post diet” by maestro Orlando. This is a 1-2 week period of continued limitations, designed to ease your body and mind back into the stimulus of ‘normal life’. While you’re free to break the post-diet, it is obviously highly recommended to keep it. The kinds of limitations will vary by plant medicine used, but is generally as follows:

- **No Sugar** (Includes fruit and other naturally sweet foods)
- **No Pork**
- **No Milk products**
- **No Alcohol or Drugs** (medicinal or recreational)
- **No Fragrances**
- **No Sex** (Orgasms, sexual contact)

Salt, Chicken, Spices, Vegetables, Beef, Oils, Vinegar, Fish, Rice, Pasta – Those and more are fine!

What To Bring

You need very little on a dieta and most people over-pack. You may spend much of your time in your underpants, or wearing a single outfit. Here are bare necessities that will get you by:

Must-have	Nice-to-have
<ul style="list-style-type: none">- A headlamp (With red-light option ideal)- Plenty of batteries- Water bottle (Hold on to it for refills)- Swimwear and towel, washcloth- Plenty of paper and writing materials- A long-sleeve, long-leg outfit for chilly nights- Some hot-weather clothes for daytime- Some band-aids and other basic first aid- A rain slick, in case of storms while on-route- A pair of adventure-worthy shoes	<ul style="list-style-type: none">- Ear Plugs & Eye-mask- Toothbrush, razor, other self-care items- Oversize Ziplock bags (For cameras and tech)- A pack of wet-wipes- Flip-flops for after a swim or shower- Un-fragranced Mosquito Spray- A musical instrument- A voice recorder- Rubber rain-boots (Can purchase cheap in town)

***** Finally, please realize that this adventure will take you into the jungle! Our trails are well-cleared and easy to navigate, but there are no railings, safety fences or padded corners in nature. You will be responsible for every step you take and every place you put your hands. Bring a vigilant attitude, watch where you step, take your time and everything will be fine! *****

We can't wait to receive you!

www.ViaVerdeTours.com

For questions, booking and pricing contact 'Pedro' directly: info@ViaVerdeTours.com



Testimonials



Paul - 32 - Sweden: I did the 2 week diet. At my first opening ceremony, I freaked out and thought I was going to pack my bags and get out of there. For a westerner who does this for the first time it can turn out to be quite a bit of a challenge, trying to make sense out of the unexpected experience. You could end up quitting!

But thankfully Pedro, who is an experienced apprentice, was there and could guide me through it all. He was skilled at paying attention to what I needed in order to progress smoothly. I came there filled with phobias, but Pedro helped me by suggesting ways of meeting, facing and working through them. I could always rely on him with any type of questions. Thanks to Pedro I was able to clear a lot of fears and made fast progress, breaking out of my 'boxes', much of which I probably would have missed out on, working by myself.

I am forever thankful to Maestro Orlando and to have had the opportunity to work with him. A true curandero, who stays authentic to the old traditions. This has easily been the most amazing transformational work I have ever done and I can't wait to come back and work with Orlando and Pedro again!



Petra & Sonya - (mother/daughter) - Croatia: Spending a week in dieta was a deeply transformational experience for us. Healing orchestrated by Maestro Orlando and assisted by Pedro was a week anything but ordinary, on all levels.

Pedro helped to welcome us at the airport upon arrival, introduced us to the conditions of dieta at the Center and offered his assistance during our week-long stay in isolation. His presence was warm, welcoming and in alignment with the environment of the retreat and the type of work that is done there. His dedication to assisting in medicine work shined through during our healing week and his advice was able to ease our busy minds.

Always present enough and distant enough it was a good energy during the incredible week.

Pedro also offered to show us around the city of Tarapoto and point out local attractions for our one day stay which was a great help. The whole experience would not have been the same without him.

Thank you for all your work Pedro & Orlando!

Extra Tips



Planning The Flights

If you're planning extra travels around Peru, we recommend booking your *dieta* as your final excursion. The *dieta* can leave your body tired for extensive activity. Following the *post-dieta* restrictions will also put a damper on things like going out drinking and enjoying the full variety of Peruvian cuisine. So enjoy all your pleasures before the *dieta*!

It's also a good idea to give yourself an extra day-or-two before your exit flight after the *dieta*. This allows you to get plenty of rest before moving on, and also prevents issues in case severe weather prevents traveling out of camp on the exact day your *dieta* ends.

Concerning Luggage

If you're traveling with big luggage, please pack a backpack to more easily travel to camp with only the strict necessities described in the section "what to bring". We will safely store your extra luggage in town, until you return!

Preparing Your Body

If you're thin, it's a good idea to put on some fat in the month leading up to *dieta*. Those hoping to lose some weight don't need to worry about this. But no matter your body type, it's a good idea to feed yourself good nutritious, hearty food in the month before *dieta*. We don't ask people to follow any special diet before entering *dieta*, but some choose to cut down on salt, sugar, recreational drugs, alcohol and other excesses in the weeks before joining us. It's up to you!

Cash

The currency used in shops and restaurants is the Peruvian '*sol*'. There are bank machines in Tarapoto where one can easily withdraw using cards allied to the international 'MAESTRO/CIRRUS' network (a small ATM fee applies). Most bank cards are on the 'MAESTRO/CIRRUS' system. Suitable cards will show the 'MAESTRO/CIRRUS' logo, usually on the back side. If you have any doubts, it's a good idea to chat with your bank before traveling – Be sure to let them know you'll be in Peru!

Because there's no predicting people's individual travel plans, our service's fee doesn't cover any hotel stays, personal activities, or other costs around town.

Toilet Manners

In most Peruvian toilets you'll encounter, a small trash can will be present for disposing of all toilet paper and similar material. Peruvian plumbing often encounters problems with paper, and it's a cultural given here that people will know to use the trash can instead.