



DIMENSIONS

Dietary Recommendations

“When we begin cleaning out the mind and body, removing toxins from our lives, we create the perfect state to purify the mind, body and soul.”

Donald Currie,
RP, Clinical Director,
Dimensions Algonquin Highlands

At Dimensions, our Mindful Cannabis Retreat programming is consistent with cultural Plant Medicine traditions, in which participants in ayahuasca or sacred psilocybin ceremonies first prepare for the experience with purification, cleaning the body via diet and honestly assessing one’s need for healing. Participants will then step purposefully into a Ceremony for healing and learning, and emerge anew with a lasting and improved connection to a sense of source – of origin – and with improved spiritual purpose and cultural belonging.

Psychedelics are catalysts that create a transition state of maximum energy potential. The first phase prior to the psychedelic session is the priming and preparation phase. In the days leading up to your Dimensions Retreat, it is important to prepare or prime for your Retreat experience by changing your diet and mindset. In this preparatory state, activities are oriented toward refining both the mind and physical body via improvements in diet, reductions in alcohol and screen time, a decrease in nervous system stimulation, improved mindfulness practices and time spent in nature. These practices are focused on slowing, refining and cleansing the mind and body.

Dietary Recommendations to Optimize the Gains of Psychedelic Ceremony

- Identify five coping strategies you have used in the past to Eating a diet that is mostly plant-based, with an emphasis on fresh vegetables, fruits, whole grains and lean proteins
- Reducing meat consumption and limiting red meat (fish is best)
- Eliminating artificial sweeteners
- Refraining from eating packaged or processed foods with preservatives or chemicals
- Eliminating junk food and fried foods
- In preparation for your arrival and with closing guidance, we ask you to please make every effort to be conscious of your consumption – of foods, energies, media, books and so on. What we consume prior to a psychedelic experience affects our mindset. Uplifting, educational and inspirational media, books and programming are recommended