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Preparing for a psilocybin ceremony is as much about "emptying the vessel" as it is about the experience itself. By reducing physical and mental noise, you create a neutral canvas for the medicine to work on.

### Why Detox?

The goal is to optimise your "Set and Setting"

#### Physically;

Reducing heavy proteins, fermented foods (high in tyramine), and toxins lowers systemic inflammation and digestive load, preventing physical discomfort during the journey.

**Mentally;** A dopamine detox quiets the "monkey mind." By stepping away from the constant pings of modern life, you allow your subconscious to rise to the surface, making the ceremony's insights easier to access and integrate.

### Part 1: The 5-Day Nutritional "Dieta"

This phase gradually eliminates stimulants and heavy foods to stabilise your gut-brain axis.

PREPARING FOR JOURNEY: A 5-DAY <i>phased</i> GUIDELINE		PREPARING YOUR BODY & MIND: A 5-DAY PROTOCOL. Quiet the body, nourish the vessel, and clear the mental space to receive the medicines' insights with openness.	
DAY / PHASE	FOCUS: DIET DETOX (Eliminate)	FOCUS: DOPAMINE DETOX (Screens & Input)	RECOMMENDED FOODS & ACTIVITIES (Enjoy)
<b>DAY 1</b> Transition	Red meat, hard liquor, processed junk.	Disable non-essential notifications, set a daily screen limit.	Poultry, fish, whole grains, water.
<b>DAY 2</b> Lightening	All meat (pork, beef, poultry), all alcohol (wine, beer). Reduce caffeine.	No social media, no entertainment apps, limit emails.	Plant-based proteins (beans, lentils), cooked vegetables.
<b>DAY 3</b> Refining	All dairy (especially aged cheese), processed sugar, caffeine.	1 hour max screen time for essential tasks only.	Fresh fruit, herbal teas, physical books, nature walks.
<b>DAY 4</b> Simplifying	Salt, oils, fried foods, fermented foods (soy, pickles).	No screens after sunset. Gray-scale mode. No music with words.	Simple steamed vegetables, quinoa, simple brown rice. Light self-reflection.
<b>DAY 5</b> The Clean Slate	Fasting or very light, simple plant-based meals. Keep it pure.	ZERO screen time or digital input. Quiet the mind.	Abundant pure water, herbal infusions, deep meditation, silence, journaling intentions.

**On the day of the ceremony, it is very important that you fast for 4–6 hours prior to ingestion to avoid nausea and ensure faster absorption.**

## **Part 2: The 5-Day Dopamine Detox**

This is about reclaimed focus. You are moving from "reactive" mode to "reflective" mode.

### **Day 1: The Noise Reduction**

*Action:* Turn off all non-essential notifications (likes, news alerts, promotional emails).

*Rule:* No "infinite scrolling" apps (TikTok, Instagram, etc.) after 8:00 PM.

### **Day 2: Utility Only**

*Action:* Delete (or offload) entertainment apps for the week.

*Rule:* Your phone is now a tool, not a toy. Use it only for essential communication, maps, or work. No YouTube or streaming services.

### **Day 3: Radical Silence**

*Action:* No news consumption or podcasts. Stop feeding the brain external opinions.

*Rule:* Total screen time limit: 60 minutes for the entire day. Spend the saved time journaling or walking in nature.

### **Day 4: The Grey Scale**

*Action:* Switch your phone display to "Greyscale" (found in accessibility settings). Removing colour makes the screen far less rewarding to look at.

*Rule:* No screens after sunset. Use candlelight or dim lamps to help your pineal gland reset.

### **Day 5: The Pre-Flight Mode**

*Action:* Airplane Mode.\*\* Put your phone in a drawer or a different room.

*Rule:* Zero digital input. Engage in "boredom"—it is the fertile ground where ceremony intentions are born. Read a physical book or sit in silence.

## **Vital Considerations**

*Hydration:* Double your water intake during these 5 days to help flush the system.

*Medication:* If you are on SSRIs or MAOIs, please consult a medical professional before a psilocybin ceremony, as these can have serious interactions.

*Self-Compassion:* If you slip up and eat a piece of cheese or check your email, don't spiral. Just acknowledge it and return to the protocol. The intention is what matters most.