

## MAO-inhibitors

Normally DMT – as found in plants such as *Mimosa hostilis*, *Psychotriavidis* and *Phalaris Arundinacea* – is not effected when ingested orally. This is because it is broken down by Monoamine oxydase(MAO). MAO is an important enzyme that breaks down certain chemical compounds such as drugs and poisons.

MAO-inhibitors interfere with the action of the MAO enzyme and stop the breakdown of chemical compounds such as DMT, making it effected when ingested orally. The combination of a DMT containing plant and a MAO-inhibitor is commonly known as Ayahuasca(or Yage).

Hallucinogenic truffles also contain some DMT which normally has no effect during a trip with truffles. By combining them with a MAO- inhibitor, the trip will last longer and become more intense due to the psilocybin in the truffles.

MAO-inhibitors must be used with great caution because the cause otherwise harmless food to become poisonous. The results can become dangerous: headaches, nausea, even unconsciousness and death. In shamanic tradition MAO-inhibitors are only used after at least one day of fasting. Below is a list of substances, that you should **not** take 12 hours before and 12 hours after taking a MAO-inhibitor:

### **Very dangerous**

sleeping-pills, narcotics, cocaine, medicines against headache migraines, pain and allergies, antidepressants containing Selective Serotonin Reuptake Inhibitors (SSRIs) – such as fluoxetine (Prozac), citalopram (Cipramil), fluvoxamine (Fevarin), Sertraline (Zoloft), paroxetine (Seroxat) and kanna (Sceletium tortuosum) – cocaine, mescaline cacti (Peyote and San Pedro), amphetamines (speed), MDMA (XTC), alcohol, ephedra / ephedrine (Xtenzion, Ultraboost, Superstacker, Ephedra, Supercaps, etc.), pseudo-ephedrine, macromerine, phentermine.

### **Can cause headache**

cultured dairy products (buttermilk, yogurt and sour cream), aged/mature cheese (exception: cottage cheese, cream cheese and young cheese), dry and fermented sausage ( bologna, salami, pepperoni, corned beef and liver), unfresh meat/fish/eggs, pickled herring and salted dried fish, meat extracts, yeast extracts (Marmite/ brewer's yeast, bread is allowed), sauerkraut, fruits (figs, bananas, pineapple, avocados, raisins, canned red plums, raspberries), nuts, broad beans and pods (lima, fava beans, lentils, snow peas and soy beans) soy sauce, LSA (Morning glory and Hawaiian Baby), MDA related herbs (sweet flag, calamus, nutmeg), chocolate, caffeine products (guarana, coffee, tea, cola, energy drinks etc.) ginseng, nose sprays like Vicks, Sinex, Prevalin or Otrivin, other MAO-inhibitors

### **The following substances are MOA-inhibitors**

Syrian Rue (Peganum Harmala) Banisteriopsis Caapi, Passionflower (Passiflora Incarnata), Yohimbe, ingredients of the product “Ecstatic” and certain antidepressants.