

A informational basic guide to MICRO-DOSING with Psilocybin mushrooms.

(this article is for informational purposes only- you are encouraged to empower yourself and do your own diligent research on this topic!)

WHAT is Micro-dosing? When referring to micro-dosing here in this article, it is the act of ingesting a small amount of Psilocybin mushrooms with the goal of *not* feeling like you are necessarily under the influence of a substance. However the goal is for there to still be a subtle effect, noticeable as a shift in mood, presence and/or awareness, due to the psychoactive compound of psilocybin found in “magic mushrooms.”

WHY would I want to Micro-dose? Studies and tremendous amounts of anecdotal evidence are showing the effectiveness of micro-dosing for improving mood, enhancing creativity, productivity, connection with emotions, enhanced memory, among many other benefits. This is due to the way that Psilocybin interacts with the serotonin 2A receptor (5-HT_{2A}R). Psilocybin, among other psychedelic medicines, has been shown to help neurons in the brain sprout new dendrites, which look like branches on a tree, to increase communication between cell. ([learn more here](#)). Compared to the many pharmaceutical drugs that are prescribed for depressive mood disorders, Psilocybin mushrooms, when taken in this small of an amount is much safer, does not have any known contra-indications, and is not known to create any chemical dependency.

HOW MUCH is a micro-dose? Generally a micro-dose of Psilocybin ranges between 50 - 200 mg and it the amount can vary depending on: **the individual** (some people are more sensitive, while others need more), **the particular strain** of Psilocybin mushroom (some are more potent than others), and **how it is metabolized** in the body (keep in mind that consuming on empty stomach and/or in conjunct with other substances such as cacao or and other MAOI can potentiate the effects! [learn more here](#))

WHEN would I want to take a micro-dose? If you are new to micro-dosing it is recommended that you first try it on a day where you don't have any other obligations to tend to, just to be present with how you respond to it. It can be helpful to take your micro-dose in the morning with water, herbal tea or juice, 30-60 minutes before your first meal. It is **not** recommended to ingest micro-dose with a caffeinated beverage. Also, it is important to be clear with your intention to micro-dose. To increase the chances for positive benefit of micro-dosing, try coupling your micro-dose with another practice of your choice that would be supportive to your wellness of body and mind, such as Yoga or a walk in nature. You could also start journaling to keep track of your progress. (I highly recommend this **free 8 day micro-dosing course** from my dear friend Laura Dawn.) Once you have found your "sweet spot" with dosage amount and you know how your body responds to it, you can feel free to take it in the morning and go about your "normal life."

HOW LONG does it take to notice it and HOW LONG should I micro-dose for? When beginning your "micro-dosing journey," you might notice a difference in your mood the very first day. It takes 20-60 min to enter your system, depending on your metabolism. For some people it can take a few days to notice. Take time in your days to tune in with yourself and track the subtle shifts. As for methods of micro-dosing, there are various "protocols" that one can choose to follow, with regards to how often to micro-dose. One very popular protocol is a 1 day on, then two days off pattern, for 4-8 weeks and then take a two week "reset." Some choose to micro-dose every other day for 4-8 weeks then take a 2-4 week reset. Others choose to micro-dose 2-3 times a week. You can learn about the different micro-dosing approaches HERE. Keep in mind that, on average it is believed that it takes around 60 days to develop a new habit/pattern, if you are indeed wanting to re-pattern your life. After you have become quite comfortable and confident with your relationship with the micro-dosing you can begin to just trust your intuition with how often and when you choose to micro-dose.

WHAT WILL HAPPEN IF I TAKE "TOO MUCH"? If you take more than a micro-dose (200-400mg) you may experience a "mini-dose" experience- which is a more intense shift in mood/emotion and perception, due to having more of the psychoactive components. This could make socializing and "work situations" potentially uncomfortable and/or overwhelming. Once you have found your micro-dose "sweet spot," you might be curious to experience more of a mini-dose on your "free time," which can be quite enjoyable- but is recommended you give yourself space in nature or in the comfort of your own home or yard to experience it. Just know that psilocybin is actually a very safe* substance (*It was deemed as "one of the safest drugs in the world"-click here to learn more) and just in case you are wondering: research has shown that after 3 hours, over 60% of psilocybin is excreted from body, and after 24 hours, it is undetectable in the body.

YOU ARE ENCOURAGED to do your own research and reading into the nature of this natural "medicine," which has been imbibed by humans for millenia both in sacred ceremony and community rituals; for healing of body and mind, to explore consciousness and to see/feel deeper into the nature of this existence. Also, mushrooms are just downright fascinating! Here is a highly recommended film: **"Fantastic Fungi"**

May you enjoy this precious gift of your life and receive many blessings on your path of transformation!