

MICRO-DOSING GUIDE



*Since the dawn of creation,
Mother Nature has provided all that we need to heal.
Now more than ever, we must rely on her
Sacred Apothecary to heal ourselves.*



Introduction



When you downloaded this ebook, you took an important step towards taking the power of your health and well-being into your own hands. Thousands upon thousands of people are already micro-dosing with psilocybin and sharing their experiences of working with this sacred plant teacher and healer.

You too can learn from this medicine. This guide will tell you what you need to know to get started on your journey.

Why It's Valuable To Micro-dose Mushrooms

There are over 180 species of mushrooms that contain the chemicals psilocybin or psilocin growing in the world. Early archaeological evidence shows a relationship between ancient humans and magic mushrooms. In the past, they were seen as children, "little saints" or messengers of the gods, and they were used by shamans to communicate with the Divine.





During the height of the 1960's hippie movement, the magic mushroom became a symbol of peace, love, and unified consciousness.

A new trend has emerged in the past decades to not only consume hallucinogenic mushrooms for psychedelic trips, but to take micro amounts of it for soul connection, self-healing from within, and to physiologically renew and grow new neural pathways in the brain.

Most people who decide to micro-dose fall under two general categories:

- Those who want to add something to their lives (creativity, social comfort, empathy...)
- Those who want to remove something they don't like (i.e. addictions, PTSD, anxiety, etc...)

But because psilocybin has been classified as a Schedule I drug, more for political reasons than the effects of the chemical, it has been difficult for researchers to design and conduct studies into the benefits of psilocybin on long-term health and well-being.

Still, many notable researchers over the last few decades have persevered and scientific data is beginning to add efficacy with a plethora of anecdotal evidence to the benefits of psilocybin micro-dosing for many chronic and deep-seeded ailments.

Micro-dosing is something that is most beneficial when done with intention. We highly recommend a journal to keep track of how much you take daily and how your mood changes. We also feel that micro-dosing with the support of an understanding community and/or the assistance of a Psychedelic Integration Coach will make a difference in your self-healing journey (reach out to support@thesacredhart.com for a list of coaches).





Because there are numerous kinds of blends available, it may take time to find the dosage that is right for you and your system. Be patient and go slow. This guide will help you find the mushroom teacher that is right for you and how to micro-dose safely.

To acquaint yourself with mushrooms, you may want to start at the lowest dosage to get a baseline (normally .05g - .15g or 50mg - 150mg) for which dose of medicine is right for you while formulating your intentions for micro-dosing. But maybe you have experience with mushrooms already and you can work with a larger dose (possibly .15g - .25g or 150mg - 250mg). We've put together a **quick questionnaire** to help you determine where to start.

Going slow and taking the time needed to familiarize yourself with different doses or blends will minimize the chances of this valuable medicine feeling like it's not working for you.

One reason why some people may not respond well to micro-dosing - especially on psilocybin - is because magic mushrooms are teachers which allow you to feel whatever it is you are feeling and open your mind to new ways of looking at these old patterns. Not all people are ready for that, especially those who have a history of using alcohol, drugs, or other external vices (TV, eating, gambling, sex, etc) as a way to escape or numb feelings they don't want to face.

Psilocybin doesn't let you escape life or your issues. This plant teacher allows you to experience it fully - from an objective point of view - and heal so that you can live a more productive and happy life. Yes, even your so-called "shadows" come to the surface. But the beauty of this medicine is it also helps activate areas of your brain that will help you see and approach old problems in new ways.



How to Find the Right Dosage



Micro-dosing without pre-measured capsules can be tricky on your own since it's difficult to know how much psilocybin is in a single truffle, or fresh or dried mushroom. Also, depending on the species of mushroom you take, some may have more psilocybin in the cap or in the stem than others.

Our pre-measured capsules are mixed with a proprietary blend of psilocybin mushroom plus other supportive Organic herbs or ingredients that boost immunity

and mental clarity/focus. The main factor that will determine what dosage you should take is your intention.

Micro-dosing is not for recreational use. It is a valuable medicine that allows you to feel exactly what you need to feel in order to heal from within.

In general, a micro-dose is one-20th to one-10th of a single "ceremonial" or "hero" dose. But other factors that will affect what dose is right for you are your body weight and intentions for micro-dosing.



Here is a simple quiz you can take to figure out what dosage to start with when finding your right micro-dose. If you want to make it simpler, simply take the **questionnaire** we provided previously.

1 Are you taking any SSRIs or Anti-Depressants?

- a) Yes ☐
b) No ☐

**If you answered yes to this question,
please read the section on "Micro-dosing if you are on SSRIs"*

2 What gender to you most closely identify with?

- a) Female ☐
b) Male ☐

3 How much do you weigh?

- a) Under 130 lbs ☐
b) 130 – 180 lbs ☐
c) 180+ lbs ☐

4 Do you want to "feel the medicine" or for it to be more in the "background"?

- a) I want a very mild experience ☐
b) I want to feel it slightly ☐
c) I want to really feel it ☐

5 What is your prior experience with psychedelics?

- a) None ☐
b) A little bit ☐
c) A lot ☐

Next, tally up the value of each of your answers: A=1, B=3, C=5

How Much To Start Micro-dosing:

If 5 – 10: 50mg - 100mg

If 11 – 15: 100mg - 150mg

If 16 – 21: 150mg - 250mg

Remember, when you micro-dose, you should not feel any "tripping" effects when you take the psilocybin. It should be so subtle that it should not interfere with your daily activities. But you will know it's working.





How to Schedule Your Micro-doses

There are several ways to approach scheduling your micro-doses.

We suggest two methods for our blends:

Method 1

Take one capsule daily for 5 days, and then 2 days off.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
x	x	x	x	x			x	x	x	x	x			x	x	x	x	x			x	x	x	x	x			x	x

Method 2

Take one capsule every other day

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
x		x		x		x		x		x		x		x		x		x		x		x		x		x		x	

It's important to have an on/off cycle, so as not to build a tolerance, while giving your mind/body a break. So it's within your autonomy to find an on/off cycle variation that is different from Method 1 or 2. Find what works for you.

Below are two popular schedules developed by big names in the Magic Mushroom Micro-dosing world, James Fadiman and Paul Stamets.



Fadiman Protocol

James Fadiman is referred to as the father of modern day micro-dosing. He is at the forefront of the movement and has collected thousands of anecdotal reports from people all over the world. He has been active in pushing for more scientific research into the benefits of micro-dosing.

His micro-dosing system was designed so you can do your own 30-day Micro-dose Self Study. Which is also what he recommends to volunteers who want to contribute to his research and collection of anecdotal evidence.

Originally, the Fadiman Protocol was created to micro-dose with LSD, but it can also be used for psilocybin.

According to Fadiman, you take your micro-dose one day, and skip the next two days. Repeat this cycle for 30 days then take a minimum of 2 weeks rest to reset your system.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
x			x			x			x			x			x			x			x			x			x		

Fadiman Protocol: Take a micro-dose every three days. (If you feel like you are on the edge of a psychedelic trip, you have taken too much. Reduce the dose on your next day.) Rest for two days and repeat for a 30-day cycle then rest for 2 weeks.

After your rest period, some people will begin another cycle of micro-dosing.

According to Fadiman, after 10 cycles, many people decide they no longer need to micro-dose on a regular basis and only take it when they feel it would be beneficial.

For the Fadiman Stack, we recommend our **Immunity** product, which has multiple dosage variations.



Stamets Stack

Paul Stamets is a leading expert in mycology who not only promotes the benefits of micro-dosing, but also strives to preserve heritage strains of mushrooms and fungi from old growth forests.

Micro-dosing according to the Stamets Stack method puts you on a schedule of 5 days on and 2 days off. Stamets recommends micro-dosing on a combination of psilocybin with Lion’s Mane (a non-psychedelic mushroom) and niacin (vitamin B3).



Stamets Stack is thought to be a cognition-enhancing and neuroregeneration stack. The stack components are hypothesized to work better together as psilocybin mushrooms and Lion’s mane have a dual ability to create new neurons in the brain and repair existing neurological damage.

While Lion’s Mane mushroom is known to be a nootropic - enhancing cognitive function - Niacin in the stack functions as an anti-abuse component, and it acts as a vasodilator by helping to distribute psilocybin across the blood-brain barrier (BBB) and migrate throughout the nervous systems (peripheral and central) and their endpoints, as suggested by Stamets, to repair and improve neurological functions synergistically.

This micro-dosing schedule was designed for a 154 pound person. Leaning towards the higher doses for heavier people is probably most beneficial, but not before trying a smaller dose first.

100 – 250 mg Psilocybin / Psilocin (Psilocybe mushroom @ 1% = .1 – .25g)

500 – 999 mg Lion’s Mane mushroom extract

101 – 200 mg Niacin (Vitamin B3)

The protocol calls for taking this stack 5 days in a row and then 2 days off.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
x	x	x	x	x			x	x	x	x	x			x	x	x	x	x			x	x	x	x	x				

By following the Stamets Stack for micro-dosing, you are more likely to build a slight tolerance for psilocybin, however, the aim of this stack is for epigenetic neurogenesis. Stamets created this protocol primarily to repair, rebuild, and enhance creativity and cognitive function.

Our **Clarity** blend product is perfect for the Stamets Stack, which was our inspiration when we developed it.



Follow Your Intuition

As mentioned previously, another emerging trend with micro-dosing is to follow the intuitive needs of your system and micro-dose as it calls to you. This ideally requires you to already have a mindfulness practice which helps you keep on top of the subtle signs your body and mood gives to you.

Following your intuition instead of a set schedule for micro-dosing allows you to only take the medicine as you need it or feel called to it. For example, right before a big presentation if you know you have social anxiety, this might help you connect with your

inner-self and pull on the confidence and peace you have within.

This method may also come naturally after following either the Fadiman Protocol or Stamets Stack when you no longer need to stick to a strict regimen of micro-dosing.

The **Immunity** and **Clarity** are good choices when working with your intuition.

Whichever method you use, it's best to take your micro-dose in the morning on an empty stomach - ideally before 10am - and after you've set a clear and simple intention for the day.

Following a scheduled regimen of micro-dosing allows you to become clearer on your reasons and goals for micro-dosing in the first place.

Just like any medicine, micro-dosing on Psilocybin should not become a crutch that you rely on all the time to feel normal. They are teachers who help push you once in a while to go beyond your normal perception so that you can get back to what you need to do in life and your own power without becoming reliant on them.



If you find yourself moving too far beyond the .25g dose, you might consider taking a break and finding a baseline again. That's why journaling and following up with the support of an understanding community or coach is so important when aligning yourself with how to micro-dose appropriately.





Why you Shouldn't Micro-dose Daily

Psilocybin stays in your system for several days so there's really no reason to micro-dose every single day. Moreover, the "rest days" you take between micro-dosing allows you to integrate and re-evaluate if your objectives behind micro-dosing are being met.

Rest days and long periods of no micro-dosing at all, are also important to prevent desensitizing your system. Psilocybin is not a physically addicting substance, however; with constant use, your body develops a tolerance to it, causing the user to assume a higher dose is necessary to "feel" something working. Like time in the gym, it's necessary to give your mind/body rest.

Micro-dosing if you are on SSRIs

If you are currently taking antidepressant medication and/or SSRIs, we highly recommend you get guidance from a psychedelic psychotherapist. Psilocybin is known to help wean off addictive substances like tobacco and alcohol, however since SSRIs alter your brain chemistry and psilocybin also affects your brain, some precautions should be taken.

It is best to get the advice of a psychedelic psychotherapist. But here are some guidelines you may go over with your chosen specialist if you want to use psilocybin micro-dosing to wean off antidepressants.

Begin micro-dosing on the smallest dose possible for your body weight. Our **Immunity** blend is ideal for this.

You can begin by weaning yourself off your antidepressant medication by reducing it by 20% for 2 weeks. Have a journal to keep track of your moods, any withdrawal symptoms, and the amount of medication and psilocybin you take.

After two weeks, reduce again by another 20% and continue this way until you are off the medication completely.

Along with keeping a journal, we HIGHLY recommend adding the following activities to your daily schedule to aid in the chemical recalibration you will undergo in your body/mind:

- Meditation
- Yoga (or some form of exercise. Moving the body is important)
- Having 1 or 2 people you talk to daily and share how you're feeling (be honest)
- Eat really good, clean food (processed foods are not a good choice)
- Drink lots of water and other clean liquids
- Get good, adequate sleep

Micro-dosing is a journey for all people, and it may be particularly challenging if you have been taking SSRIs. The key is to be patient, take it slow, and keep your intention clear. Self-healing looks different for everyone.



DISCLAIMER:

We must take this opportunity to tell you that we are not medical professionals and we don't claim that the above protocol for weaning off of SSRI's is medically substantiated. You must also be aware that altering your medication changes the chemicals in your brain, potentially causing you to think or feel differently. This, or any protocol for weaning off of SSRI's comes with apparent risks and should not be taken lightly. The protocol above is only a suggestive method that we've seen work, but again, should not be taken casually. We first and foremost suggest you consult your psychiatrist or medical professional before weaning off your medication.

Which Micro-dosing Blend is Right for Me

Setting a clear intention for yourself is one of the most important first steps in your microdosing journey. Depending on what your intention is we are sure one of our blends will have just the right medicine for you.

Here are **The Sacred Hart** Micro-dosing blends you can choose from:



Clarity - "Focus and Cognition"

The Clarity blend is designed as a nootropic to enter states of heightened focus and ease in concentration. If your intention is to develop higher mental focus, concentration and efficiency in thought, this blend may be the support you need.

Following the research pioneered by Paul Stamets, Lion's Mane mushroom (*Heridium erinaceus*) is mixed with our proprietary blend of Mazatapec Psilocybin Mushrooms and Niacin to help improve cognitive function and mental performance.

This is a specially developed natural nootropic that takes advantage of all the benefits of Lion's Mane to keep your brain wired for memory preservation and creativity.

Available in: 50mg (1 capsule) ** 2 capsules can be taken



Immunity - “Alignment and Healing”

If you are sensitive to psychedelic medicine, or have the intention of weaning off antidepressants, the Micro Booster blend is suited for you. We have combined our proprietary blend of Mazatapec Psilocybin Mushrooms with 10 organic immunity boosting fungi:

Lion's Mane is neuro-regenerative, improves cognitive function, and may relieve mild symptoms of anxiety.

Reishi and Chaga promote longevity and support DNA restoration. Rich in antioxidants.

Cordyceps & Tremella are anti-aging and helps with blood sugar levels.

Turkey Tail is full of antioxidants. Immune-boosting and anti-cancer.

Shiitake are good for heart health and fortifying immunity. Contains components such as eritadenine and b-glucan. Can increase satiety, reduce food intake, and delay nutrition absorption.

Maitake is high in Vitamin E, anti-cancer, and immunity-boosting. Rich in antioxidants, beta-glucans, vitamins B and C, fiber and minerals.

Oysters reduce cholesterol, inhibit tumors, and help with joint and muscle relaxation.

Wood Ear is rich in dietary fiber and high in iron.

Mesima is a full spectrum of glycoproteins, ergosterols, triterpenoids and other myco-nutrients, which are essential for Supporting Natural Immunity.

This team of fungi will support your journey to alignment and long term healing. The ingredients in this blend were specially chosen to be a wellness supplement and aid in your adaptation to the ever transforming needs of your system as you go through your long-term healing process.

The supporting herbs in the Immunity blend are known in traditional healing systems from all over the world. When combined together with psilocybin, these plant medicines provide a unique and meaningful micro-dosing experience that changes as your needs arise.

Available in: 80mg, 150mg, 220mg

Expansion - “The Ceremonial Dose”

This Ceremonial blend, or “hero-dose”, was crafted for a loving ceremony to enable you to create space for deeper journeys and greater expansion. It is a mix of Mazatapec Psilocybin Mushrooms, which is known for facilitating spiritual experiences, much like the sacred mushroom ceremonies of María Sabina Magdalena García called Veladas.

María Sabina's Veladas are credited for the popularization of indigenous Mexican ritual use of Entheogenic mushrooms among westerners. Her original mycelium has been kept alive for over 80 years and is the source of our product. This means you are partnering with the grandmother of Psilocybin to change your life.



While all of our other proprietary blends are for micro-dosing, this is our only product that is specifically designed to provide a highly spiritual, deep, and ceremonial journey. We advise that only those who are experienced with psychedelics or plant medicines to use this “hero-dose” and to always create a safe container for yourself when you commune with it (see “**Set and Setting**” below).

Before purchasing this Ceremonial blend, you must be off any SSRIs or anti-depressant medication for at least 28 days prior to taking a dose. This is because the blend is high in Monoamine oxidase inhibitors (MAOIs) which help the absorption of psilocybin into your system but also affect the neurotransmitters: serotonin, norepinephrine, and dopamine in the brain.

This blend is designed for those with clear intentions for journeying, and do not have any mental-health conditions, or psychiatric or neurological disorders.

But if you are ready for a mind-expanding, inner journey to discover your deeper essence and connect with the greater life-force of all reality, then the **Expansion** can be your guide.

Available in: 350mg



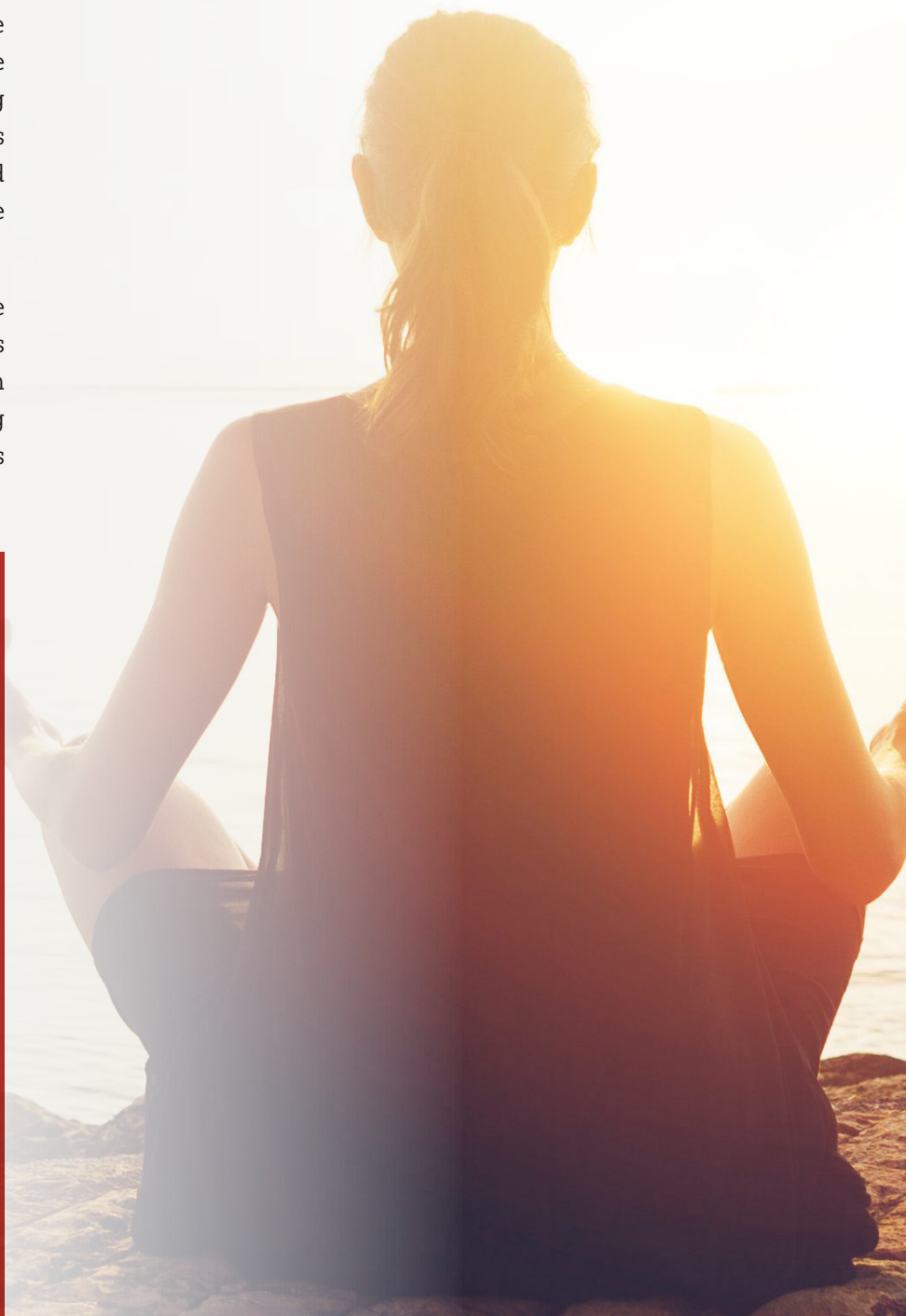
Set and Setting for a Hero Dose

Set and Setting should be a part of any and every conversation regarding “Hero”, “Macro” or “Ceremonial” dose journeys. (More about this in our Ceremonial Guide)

Set refers to the mindset we enter into the experience with. If it's negative or lacks appropriate intentions, we may find that the experience is scary and confusing since we aren't anchored into the reason we are taking this journey. We may also find ourselves resistant to the experience which could result in a “bad trip”. It's important to prepare a couple days in advance.

Setting refers to the environment we create for the 6-8 hours we set aside for this journey. Creating a space that is free from distraction is very important. The following are excellent “Set and Setting” suggestions to help you prepare for a fruitful journey.

- Prepare your space (clean/organize your area and surrounding areas)
- Set aside 6-8 hours of no interruptions (kids, pets, phone calls, house calls, etc)
- Have a meditative or peaceful playlist of music to travel with
- Have your water ready and easily accessible
- Journal beforehand - write your intentions for why you're taking this journey
- Use an eye cover for deep journeying (if you wish)
- Have a trip-sitter or one person you can call if you're having a difficult time



The Effects of Micro-dosing

Interestingly, while some people micro-dose to ease their anxiety, for others, the mushrooms amplify those feelings. This is why it's important to micro-dose in conjunction with other strategies like therapy, journaling, exercise, and talking with a coach/guide or community.

Micro-dosing is sub-perceptual. You should not feel dizzy, trippy, or experience hallucinations when you micro-dose. If you do, lower the dosage you take next time.

The effects of micro-dosing are subtle. They may help put you in an overall better mood but mostly, it helps you keep an open mind to creative thinking and allows you to feel what you need to feel to get over any blockages in your life.

Many people describe the feeling as being in a "flow state". You may have already felt this in your life without psychedelics. Perhaps when you ride a bike, create a piece of art, play or listen to music, or do a task where you are challenged just enough that you do not go into auto-pilot, yet you also feel like you can do no wrong. That is the flow state which micro-dosing may help you achieve.

However, you may also feel other effects of the plant medicine. This includes sleepiness, fatigue, or emotional sensitivity.

These are also indications that the plant teacher is doing exactly what it is meant to do. Self-healing and soul work is never all "rainbows and sunshine". Shadows are also important teachers. Trust that the mushrooms are only bringing up what you are ready to handle - whether your logical mind - or ego - accepts it or not.

The medicine is not making you feel anything that is not already there. Modern life has conditioned us to be desensitized to our own emotions and experiences. The medicine helps bring you back to yourself. And this is how the true self-healing process begins -- not because of an external crutch, but because of a deep and meaningful exploration towards self-understanding and healing.



Micro-dosing Contraindications

Micro-dosing is not advisable for those who have the following conditions:

- Colorblindness
- Chronic anxiety
- Autism spectrum



Mixing Psilocybin and other Plant Medicines (Particularly Cannabis)



What is your relationship with cannabis or other plant medicines? Are they a crutch? Are you creating a dependency on them?

People have a tendency to use cannabis to numb themselves. Instead of being present with everything they need to experience, they find ways to escape through distractions like working overtime, over exercising, chain smoking, binge eating or drinking. And even cannabis use can be abused.

On the other hand, psilocybin gives you strength - it amplifies the awareness you have of your own patterns.

Of course, there are truly valuable uses for medical marijuana, such as for cancer treatment, epilepsy, physical pain and others. But you must do the work; to be honest with yourself and your intentions for continuing any plant medicine as part of your personal healing process.

We encourage not mixing your micro-dosing psilocybin with cannabis, especially in the beginning. Every plant teacher has a different quality or essence. More often than not, cannabis will overpower the effects of psilocybin and it will feel as if you are only taking cannabis.

We suggest abstaining from other plant medicines to truly hone into the subtle teachings of psilocybin micr-dosing. This may also allow you to have a healthier relationship with cannabis so that you will be able to use both plant medicines effectively for your inner growth and journey in the future.



What to do if You Accidentally Macro-dose



If you accidentally took too much psilocybin micro-dose, first of all - don't panic. Chances are you will go on a journey which will still have valuable insight for you.

You may want to remove yourself from work or social situations around people who do not know you are micro-dosing. Rest somewhere comfortable at home or even in nature. You may want to put on headphones and play meditative music.

Some people benefit from drawing the curtains or putting on a sleeping mask for a few hours as they ride through the trip.

Just keep in mind that an accidental macro-dose is not detrimental. Everything happens for a reason and you might as well use this experience to learn from this plant teacher just like humans have been doing for thousands of years.

What to do While You Are Micro-dosing

Ideally, when you are micro-dosing you should be able to go about your day, doing your normal activities. Perhaps you'll feel a sense of "flow" in your being, or enhanced perceptions. But you should definitely not feel trippy if you got your dosage right.

Journaling is one of the most recommended ways to keep track of your doses and your system's reaction to the magic mushrooms. Paul Stamets said that one of the ways to know that the medicine is working is you'll start to notice sounds that you didn't realize before.



So include observations of auditory sensations in your journal when you start micro-dosing. This can be done at the same time and place each day to really compare the difference in your sense of hearing.

To make it a mindfulness meditation, you can even do this journaling of observations for all your other senses too.

Other activities:

- Exercise: Walking, Hiking, Yoga, Gym, etc.
- Creativity: Painting, Writing, Building, etc.
- Spend quality time with people you enjoy
- Be in nature and receive from this life force
- You can even work, and find a new level of production in it



Research

Unfortunately, the legitimacy of psilocybin has been a major hurdle in obtaining accurate research into the effectiveness of micro-dosing. One of the most recent studies has cleverly overcome this hurdle by recruiting volunteers who could source their own psilocybin and LSD for micro-dosing (or switch them out in the blind study to a placebo).

The flaw in this method was that the researchers could not control or gauge how much of the chemical their subjects were or were not taking during the study.

Yet, times have changed and with the numerous studies that are being sanctioned and approved, the anecdotal evidence is undeniable... Psilocybin is a valuable physiological and soul healing medicine.



Support for your Journey

Robbie S. (verified) – September 26, 2023

"If you're looking to improve internal health, while tapping into the spiritual side of yourself, then you've found the golden ticket. Not only am I able to tackle day-to-day task more efficiently, I have a stacked offensive line of natural mushrooms helping my body function properly and efficiently. Thank you to the team for making such a great product for those of us that have internal scars that need healing."

Janine M. (verified) – October 12, 2023

"This product [Clarity] is perfect for those days when my brain just doesn't want to work. It gives me that perfect boost. Better than any coffee or caffeine boost. I just love the quality of these products! Thank you Sacred Hart for providing us with such incredible options!"

Seth, C (verified) – September 9, 2023

"I'm a combat veteran, and I've been micro-dosing for nearly 3 years now. By far, this is the best product I've come across. It has helped to silence those critical daily thoughts or debilitating emotions that try to derail my day. It has curbed the anxiety and depression and helped me deal with PTSD. I like to take the 50-100mg Clarity on a day-to-day basis while I work, and then I like to take the 150/220mg Immunity whenever I hike, yoga, or workout – it gives me a little extra for integration with my mind and body. You all nailed it, thank you from the bottom of my heart."

Jacobi, T (verified) – October 15, 2023

"Healthier and better than most of the stuff stores put out there to 'help' people's sickness. It puts me in a place where I can think and focus on what I need to get done. I will be ordering these again and again."

These and other reviews on **The Sacred Hart** website show that micro-dosing is truly a medicine for self-healing that works from within.

Plant Medicine is a gift from nature itself which our ancestors have used to communicate with the divine since the beginning. And we don't even have to go on psychedelic journeys to reap their benefits. Just a fraction of a gram a day is enough to put yourself on the path towards self-healing.

Choose a micro-dosing product and know that the power to connect with your deepest self is within you.



Reference List

The following is a list of a few of our favorite resources and organizations that are leading the way in Psychedelic Advocacy.

Multidisciplinary Association for Psychedelic Studies (MAPS)

Founded in 1986, MAPS is a 501(c)(3) non-profit organization specializing in research and education. Their work develops medical, legal, and cultural shifts so people can benefit from the careful use of psychedelics and marijuana for mental health, well-being, and connection.

[MAPS.org](https://www.maps.org/)

Beckley Foundation

The Beckley Foundation is UK-based non-profit with a long history of pioneering psychedelic research. Founder and Director Amanda Feilding has for the past years been laying the groundwork for an exciting new range of collaborations with leading research institutes around the world, largely focusing on LSD.

<https://www.beckleyfoundation.org/>

Heroic Hearts Project

A core part of their work is to lead and contribute to the latest research into psychedelic programs that could lead to improved availability of psychedelic programs in the U.S. and improved quality of care for veterans suffering from PTSD, Traumatic Brain Injury, and more.

<https://heroicheartsproject.org/>

Vet Solutions (VETS)

Our mission is to end the veteran suicide epidemic by providing resources, research, and advocacy for U.S. military veterans seeking psychedelic-assisted therapies for traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), addiction, and other health conditions.

<https://vetsolutions.org/>

