

WELCOME TO MICRODOSING



MYCORISING

Welcome To The Microdosing Gameplan

The use of mushrooms for microdosing is **most commonly used as a therapeutic aid**. It should be noted that the use of microdosing as a productivity aid is far more associated with microdosing LSD as opposed to Mushrooms. While mushrooms may have this effect for some, it is not the most common benefit.

Setting Expectations

When microdosing with mushrooms you are **most likely to enhance the emotional experience at hand, increase your sense of presence in the moment, provide new perspectives to typical situations, or pull up old or unfelt emotions of the past**. There are cases where this is daunting, joyous, exciting, etc. The mindset and setting going into the microdose will influence this outcome and for that reason it is **best to begin experimenting when you have the time and space to *potentially* go deep**.

Access To Mushrooms

Because they are so easy to grow, mushrooms are commonly considered the most accessible psychedelic compound. I provide a course online teaching a very thorough overview on the simplest method when starting from scratch.

Check it out at: mycorisingfungi.com/onlinecourse



Proper Storage

When working with psilocybin mushrooms we want to maintain consistent supply. To protect the peak potency of the mushrooms it is essential that you keep them super dry, aka cracker dry.

This level of dryness is best achieved by storing the mushrooms or mushroom powder in closed containers with silica desiccant pouches. 5g Pouches are highly effective. Dry mushrooms are very brittle and do not bend at all, instead they will crack and break when force is applied.

BENEFITS OF MICRODOSING

There is a very long list of claimed benefits but almost no real research on microdosing.

These are some of the most commonly reported benefits.



MOOD ENHANCEMENT



STRESS REDUCTION



EMOTIONAL STABILITY



OPENESS & CREATIVITY



ENHANCED ENDURANCE



ENHANCED SENSES



MICRODOSING RISK FACTORS

While Microdosing is generally considered very safe...

There is almost no scientific data.

While the issues shown are possible, they are not reported with much frequency.



LITHIUM INTERACTION

Lithium, when mixed with psychedelics, has in rare cases caused seizures or heart attacks. Do not mix psilocybin and Lithium.

SERATONIN SYNDROME

Too much free floating serotonin can lead to many symptoms and occasionally death. Its not very common but can result from using SSRI's, SNRI's, MAOI's separately, together or in combination with psychedelics.

VALVULAR HEART DISEASE

Psilocin binds to the 5HT2B receptor. Prescription medications that activate the same receptor have in some cases been shown to cause VHD in up to 25% of patients. This is currently based on complete speculation but still perhaps good to look into if you have existing conditions.

A NEW COPING MECHANISM

At it's best microdosing helps us grow through our shadow habbits. It can also be used as another crutch to help us push past and ignore those aspects of self. Check in with yourself periodically to see if you are still in a good relationship.

EXHAUSTION

Some people get very sleepy and lose energy as a result of microdosing. Dont operate heavy machinery, drive, or do other demanding tasks while trying microdosing. If this happens to you consider microdosing at night, even before bed.

MORE OBVIOUS CHALLENGES

Occasionally symptoms like anxiety and depression can be increased by microdosing. This can be an opportunity to work with them or be overwhelmed.

Anecdotal Dosing Range



.05g Microdose

"Always" Subperceptual

.1g Microdose

Usually Subperceptual

.15g Microdose

Usually Subperceptual

.2g Microdose/Small Dose

Sometimes Perceptual

.25g Small Dose

Perceptual For Most People

.3g Small Dose

Almost Always Perceptual

More than .3 Small Dose

Usually Very Perceptual

.05 grams

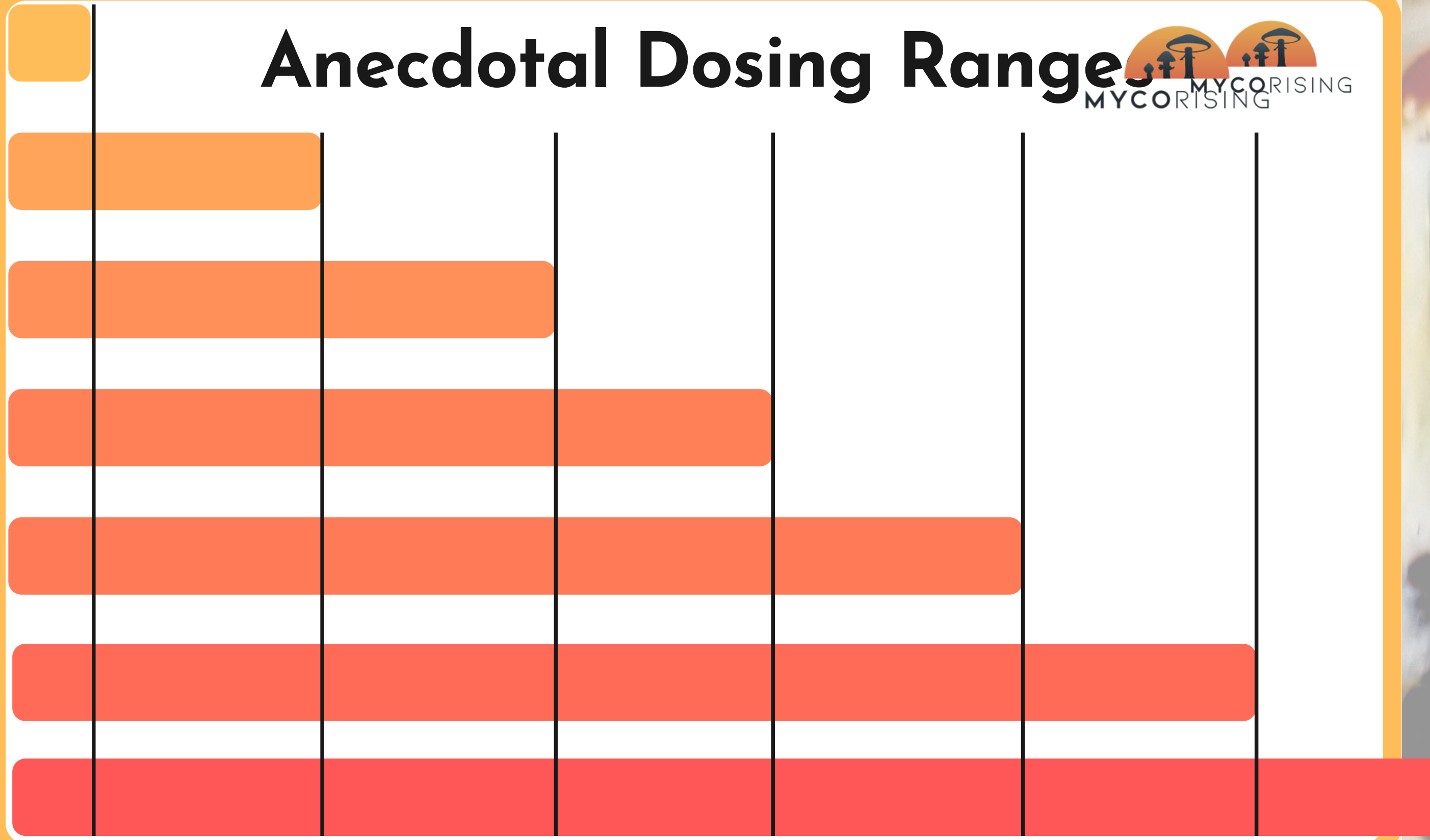
.1

.15

.2

.25

.3



Your Dose Is YOUR Sweet Spot



The concept of the "sweet spot" in microdosing with mushrooms refers to **the optimal dosage** that provides an individual with the desired benefits without triggering any undesirable effects.

This sweet spot **varies from person to person due to a multitude of factors**, such as body weight, metabolism, sensitivity, mushroom potency, previous experiences with psychedelics and much more.

Finding your personal **sweet spot is essential for maximizing the positive outcomes of microdosing**, ensuring a harmonious balance between cognitive enhancement, creativity, and overall well-being, without venturing into the realm of overwhelming or distracting psychedelic experiences.

Finding The Sweet Spot

1. Find a consistent time of day and method to begin experimenting with dose
2. Eg. in the morning with my coffee if it is energizing or in the evening if it makes you drowsy, though that is less common.
3. Take your time to discover your personal sweet spot by starting with a dose of .05g or less, taking a day off between and then changing the dose by .05g increments or less.

For Example



- **Monday** .05 - Didn't notice anything.
- **Wednesday** .075 - Maybe felt something.
- **Friday** .125 - Felt a subtle shift in my awareness.
- **Sunday** .175 - So glad it was a weekend, couldn't get anything done, trees rule!
- **Tuesday** .150 - Felt more things today, had some new ideas, went for a walk.
- **Thursday** .125 - Felt a subtle shift in my awareness and was a little more upbeat and energized. I think that is my sweetspot.



**COMMON
MICRODOSING
PROTOCOLS**

MICRODOSING PROTOCOLS

Understanding On, Off, And Afterglow Days



Day 1

ON

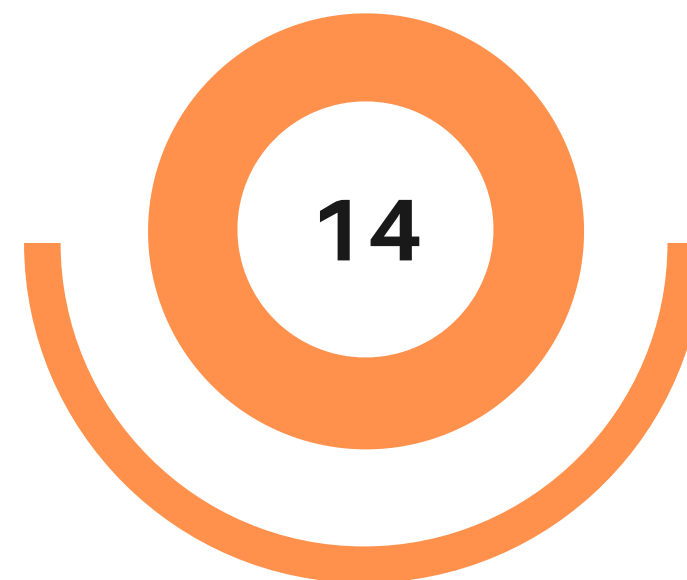


Yellow "**ON**" days represent the days that a microdose is taken.

Orange "**After Glow**" days represent the days that the microdose is still having an effect but is not taken. It is highly variable depending on dose, etc.

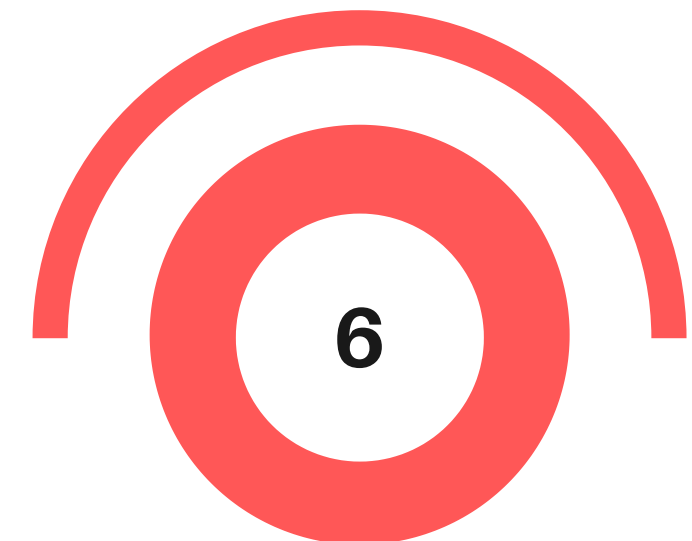
Day 2

Off/After Glow



Day 3

OFF

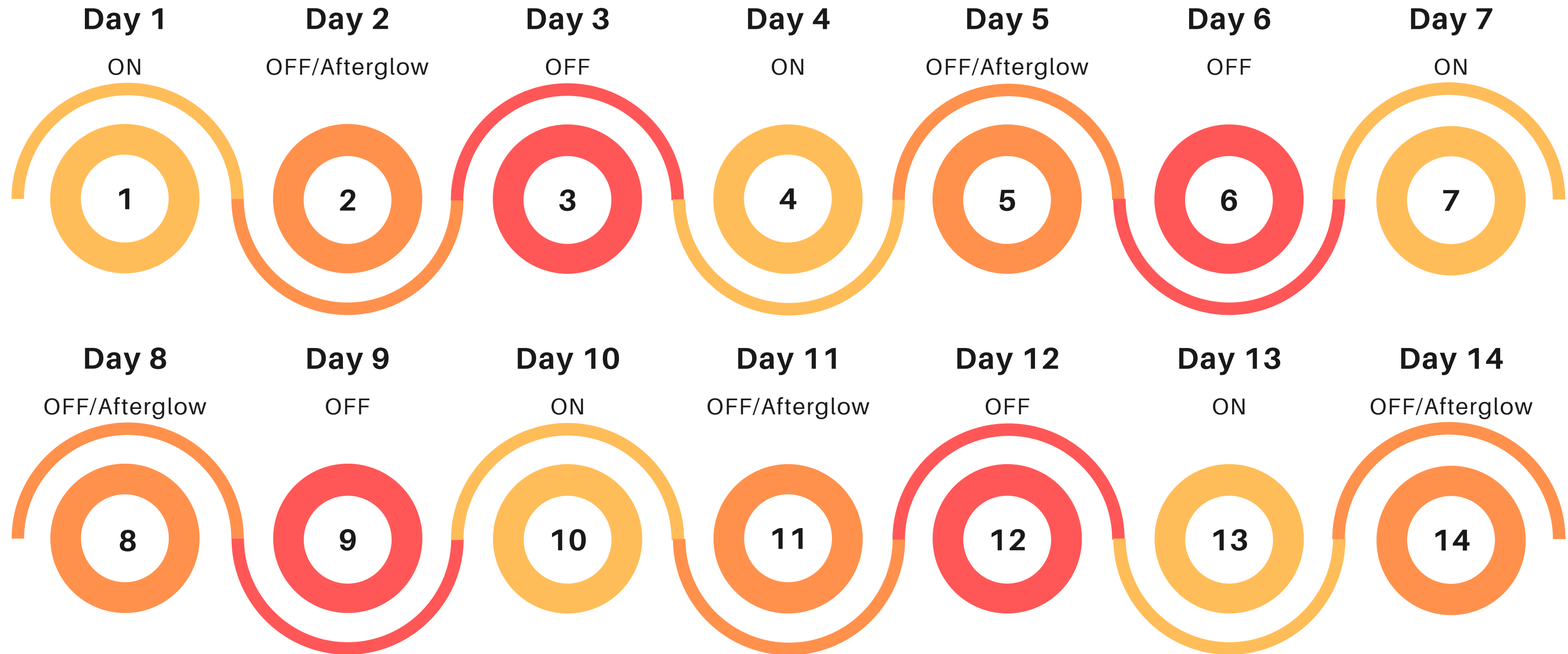


Red "**OFF**" days represent the days that a microdose is not taken and the afterglow has passed.

FADIMAN PROTOCOL



Intended For Use in 4-8 week schedules with time in between



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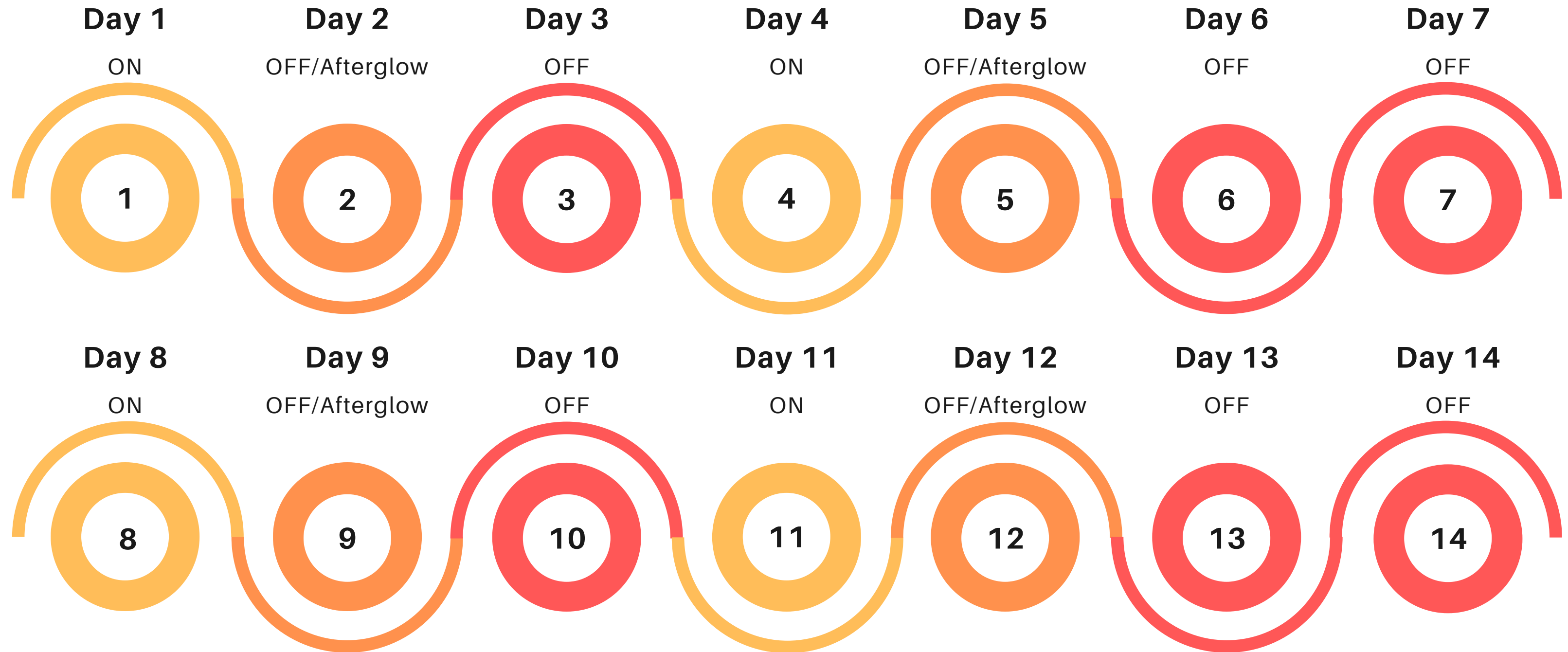
This protocol is named after Dr. James Fadiman who introduced it to microdosing. The protocol itself is taken from standard pharmaceutical research and he simply applied it to microdosing when he began to explore the concept in the 70's.

The OFF days supposedly prevent the build up of tolerance and can also help integrate if microdosing is bringing up a lot of feelings and or changes.

MODIFIED FADIMAN PROTOCOL



Modified for more regular scheduling, 2 days a week, 2 days between



MODIFIED FADIMAN PROTOCOL

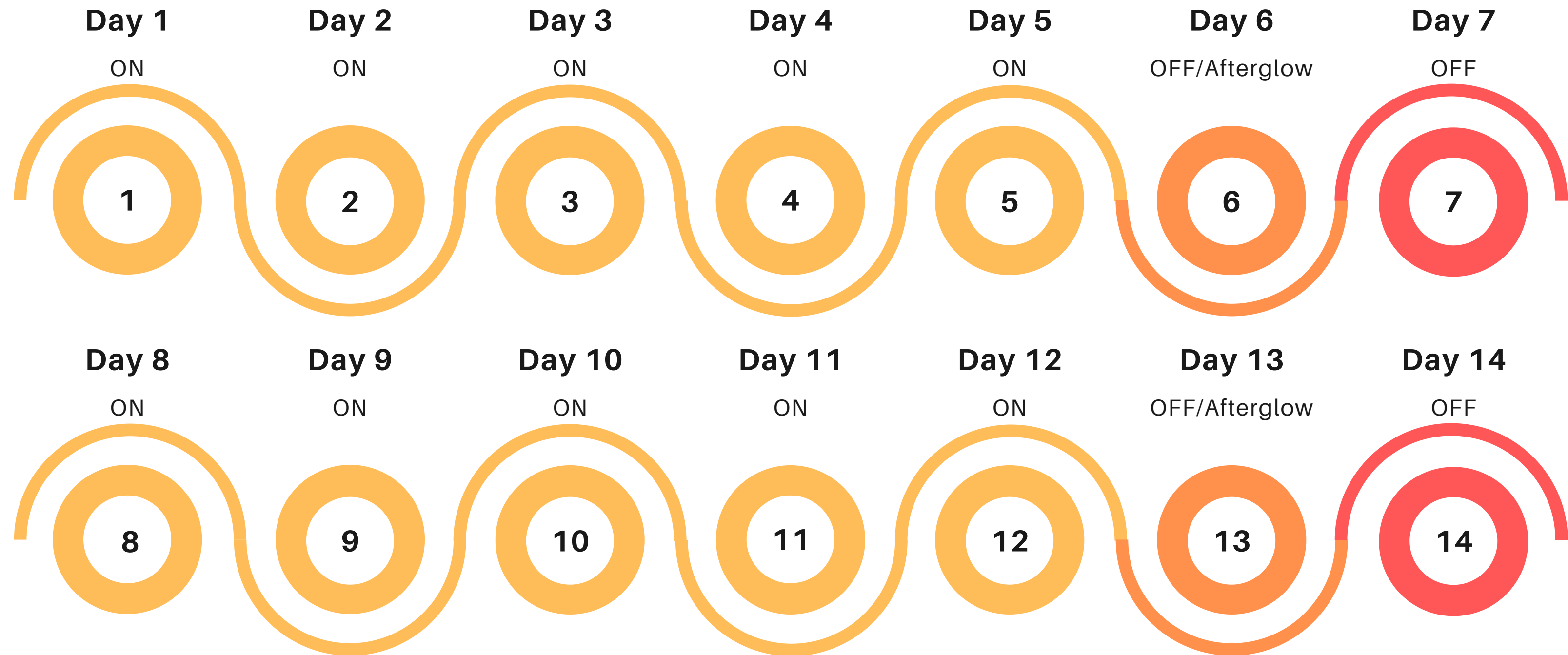
Modified for more regular scheduling, 2 days a week, 2 days between



This protocol mimics the intention of the original fadiman protocol however is slightly adjusted to provide a consistent flow from week to week. This way your dose days and off days will fall on the same days of the week, one after another.

STAMETS PROTOCOL

For Use With Capsules Containing Psilocybin, B3, Lions Mane



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Named after businessman & mycologist Paul Stamets, this protocol is designed to maximize neurogenesis or the new growth of the myelin sheath of our nervous system as well as brain cells.

Psilocybin is theorized to stimulate the bodies own production of NGF and so is Lions Mane. B3 (Flushing Niacin) is used to open up the capillaries and increase the distribution of active compounds.

MICRODOSING INSTITUTE PROTOCOL



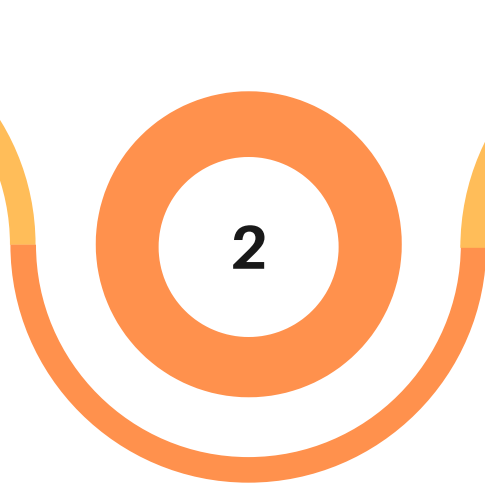
Day 1

ON



Day 2

OFF/Afterglow



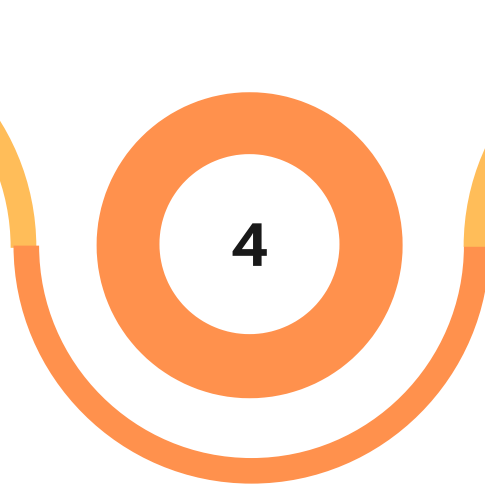
Day 3

ON



Day 4

OFF/Afterglow



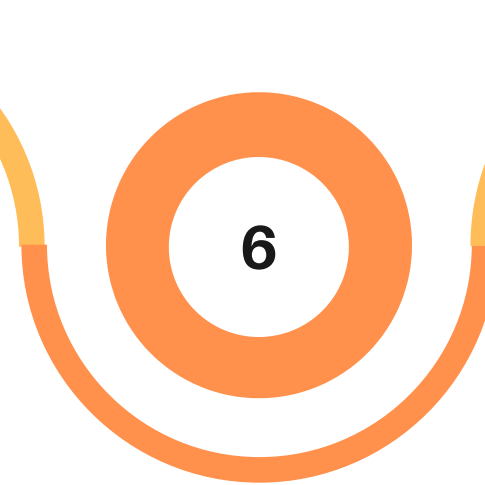
Day 5

ON



Day 6

OFF/Afterglow



Day 7

ON



Day 8

OFF/Afterglow



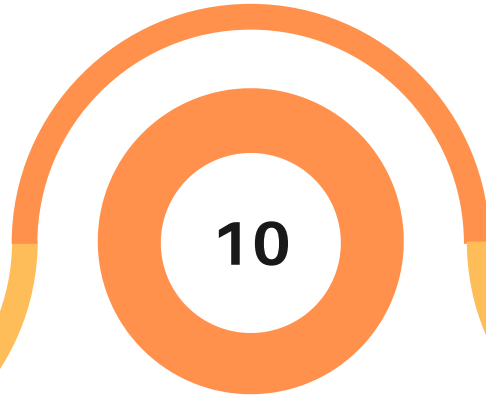
Day 9

ON



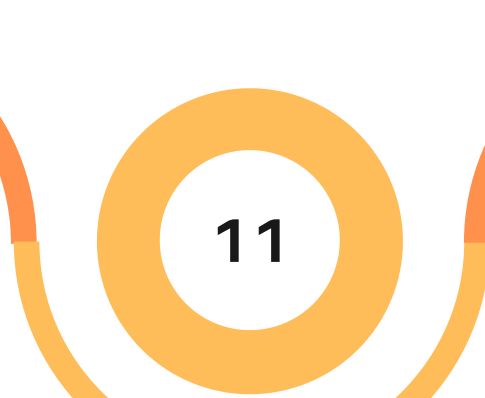
Day 10

OFF/Afterglow



Day 11

ON



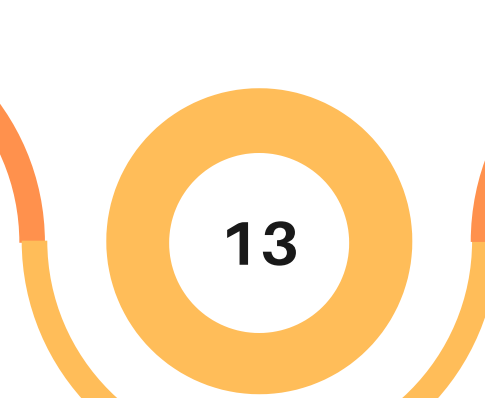
Day 12

OFF/Afterglow



Day 13

ON



Day 14

OFF/Afterglow



MICRODOSING INSTITUTE PROTOCOL



The Microdosing Institute is a very active Netherlands based organization with lots of on the ground research and wanted to normalize an intuitive protocol they found some of their community users adopting.

There is no direct intention associated with this protocol other than the fact that some people prefer it.

microdosinginstitute.com

