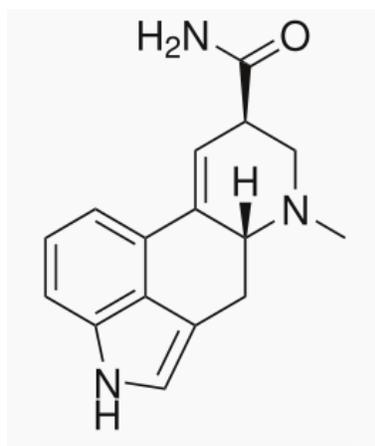


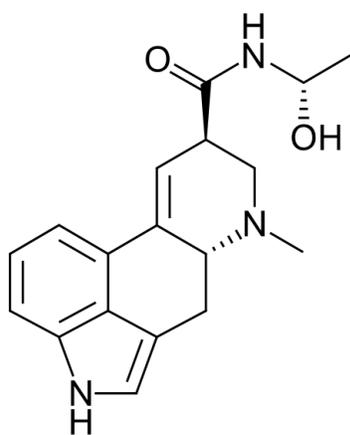
## LSA Extraction And Conversion To LSH

In this article I want to show you how to extract LSA and convert it to LSH which is described as almost identical to LSD by users in lower doses.

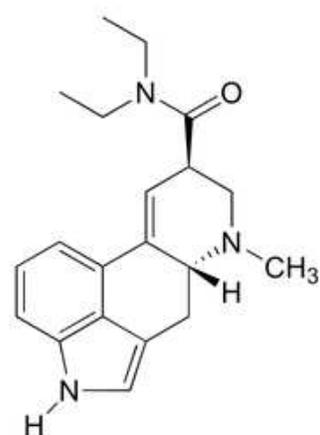
LSH is very unstable which makes it impossible to form a solid material or even make blotters/tabs. In order to get a somewhat safe to handle product we need gelatin capsules which we are going to fill with our final product so it can be consumed easily and stored properly.



(LSA)



(LSH)



(LSD)

The similarities between those three are obvious.

### Extraction and Conversion

To make an extraction we first need material that holds the substance we are trying to extract and that would be Hawaiian Baby Woodrose seeds or other seeds containing LSA.

1. Peel of the outer layer of your seeds as it holds toxins and can have unpleasant effects when ingested such as nausea then crush up your seeds finely.
2. You need to make your seeds acidic now, so take your seeds place them in a container and make them damp with lemon juice, then cover the container to prevent evaporation. Let it sit for 1-3 hours, then layout your acidic seed powder on tin foil to dry out, this should take an hour or two.
3. Get a non-polar solvent like naphtha or ether but any other non-polar solvent should work as well.

Pour the crushed seeds in a container and add your solvent. The amount of solvent used for this is not very important but it's better to use too much than not enough. After that let it sit for a few hours so the toxins can dissolve. Finally run it through a coffee filter and discard the solvent and set the seed mush to dry out.

4. Now we are going to extract the actual LSA with peppermint schnapps, put your dried crushed up seeds in a light proof container and add about 3 times the amount of peppermint schnapps than seeds by volume, add one clove of garlic to the solution as it is supposed to react with another toxin in the seeds and neutralize it.

Remove the garlic after 2 hours but let the seeds sit over night in a fridge

5. Filter out the seed material and let the alcohol evaporate to a certain amount that you have to determine by the potency you want your finale product to be, but don't let it evaporate completely as it will make it impossible for LSH to form
6. Cool your solution down and add peppermint oil to it as this will help with the conversion to LSH.
7. Add sugar to your solution until it has a syrup like consistency. Sugar is added just to make it easier to handle and supposedly it helps your body to absorb LSA/LSH.
8. Fill up gelatin capsules with your syrup and enjoy!

The caps should be stored somewhere dark and cool.

I am not taking responsibility for any harm as this is for educational purposes only.

I have no actual scientific data to backup anything in this article up so there is no proof of this working. Many people claim that LSH feels noticeable different from LSA and many users report effects definitely different from just LSA seeds so you have to see for yourself.