

MICRODOSING

A presentation by Emily
Peck

BEFORE WE START...

- This presentation will include both anecdotal reports as well as scientific reports and information
- I will be providing links to each type of source as we go along in the presentation
- sci-hub.se is a great source for finding free version of scientific articles



A GENERAL OVER-VIEW OF MICRODOSING

- Taking a low enough dose that it doesn't affect day-to-day functioning
- On a more official level, microdosing can be defined as approximately 1/10th to 1/20th of a recreational dose
- Usually involves a schedule/regimen of dosing
- It's recommended to supplement your microdosing with mindfulness techniques



WHY MICRODOSE? WHAT ARE THE BENEFITS?

- Cognitive changes, over-all shifts in higher well-being, improved emotional processes, enhanced creativity...
- Lowering of anxiety and depression
- Addiction treatment
- Boosts in physical energy levels
- Promotion of emotional balance
- These are subtle, but noticeable effects! Mindfulness will help bolster positive cognitive changes



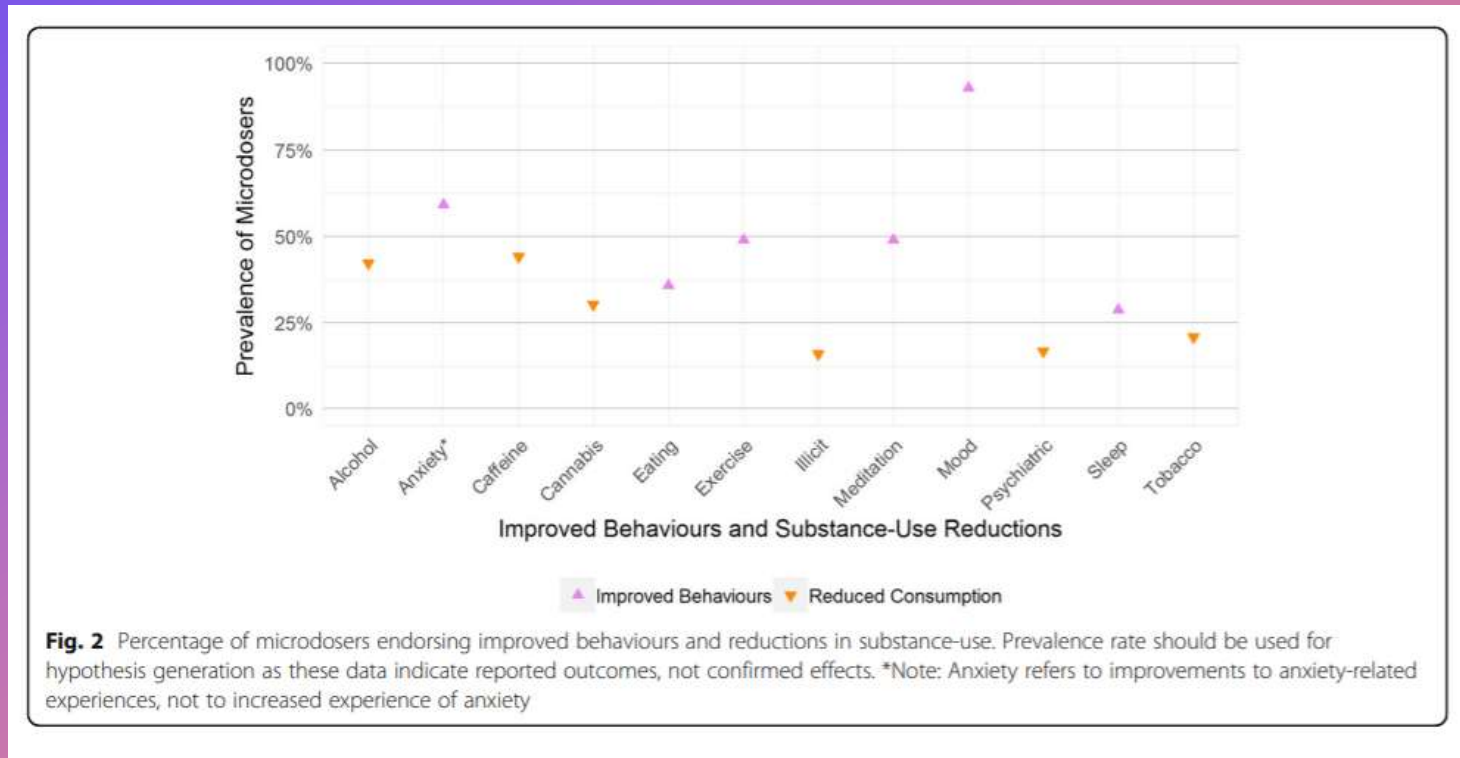
LOOKING AT SOME STUDIES...

- Thomas Anderson and colleagues (2019) found microdosing to be associated with lower dysfunctional attitudes and negative emotionality, as well as higher rates of wisdom, open-mindedness, and creativity
- James Fadiman and Sophia Korb in their 2019 study found that **80%** of people had **positive experiences** with microdosing. General over-all increase in positive emotions and a decrease in negative emotions.
 - Easier time in social interactions, more patience with others, less headaches, more energy for work, and increases in creativity



STUDIES, CONT.

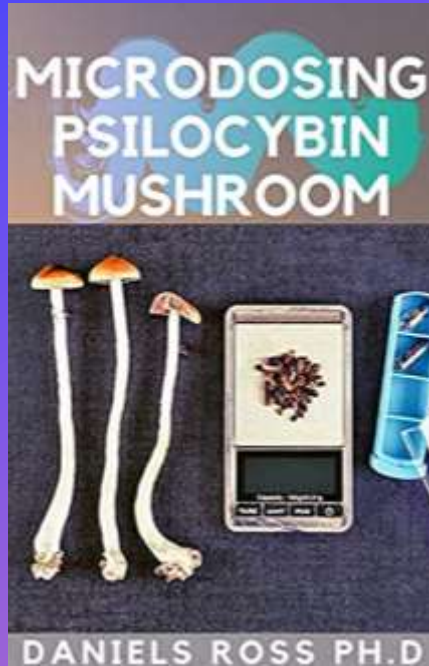
- Thomas Anderson, et al. (2019) also found that there were significant improved behaviors related to anxiety, eating, exercise, meditation, mood, and sleep; and there were significant reductions in the use of alcohol, caffeine, cannabis, psychiatric drugs, tobacco, and other “illicit” drugs (not specified)



WHAT SUBSTANCES DO PEOPLE MICRODOSE WITH?

And at what kind of doses?

PSILOCYBIN: <1 MG



- Can be tricky due to variance of psilocybin amongst strains
- Potency can be affected by when the mushroom was harvested, soil quality, where it was grown, how they were dried and how they were grown
- Best way to assure quality is to procure spores from an online store, do the research and grow them yourself
- General recommended starting doses are between .01 mg and .02 mg
 - These are merely suggestions, experiment to find what works best for you

LSD: 10-25µg

(25 µg may produce noticeable effects)

- Knowing the potency of the tab is an important factor to microdosing, which can be difficult at times
- Make sure you are testing your LSD, there are many research chemicals masquerading as LSD
- It might be helpful to deal with liquid LSD instead, to control your own dose
 - Be cautious and be sure not to spill it on yourself, you'll be in for an unexpected, wild ride! 😊



IBOGAINE: 200 MG DMT: 6 MG

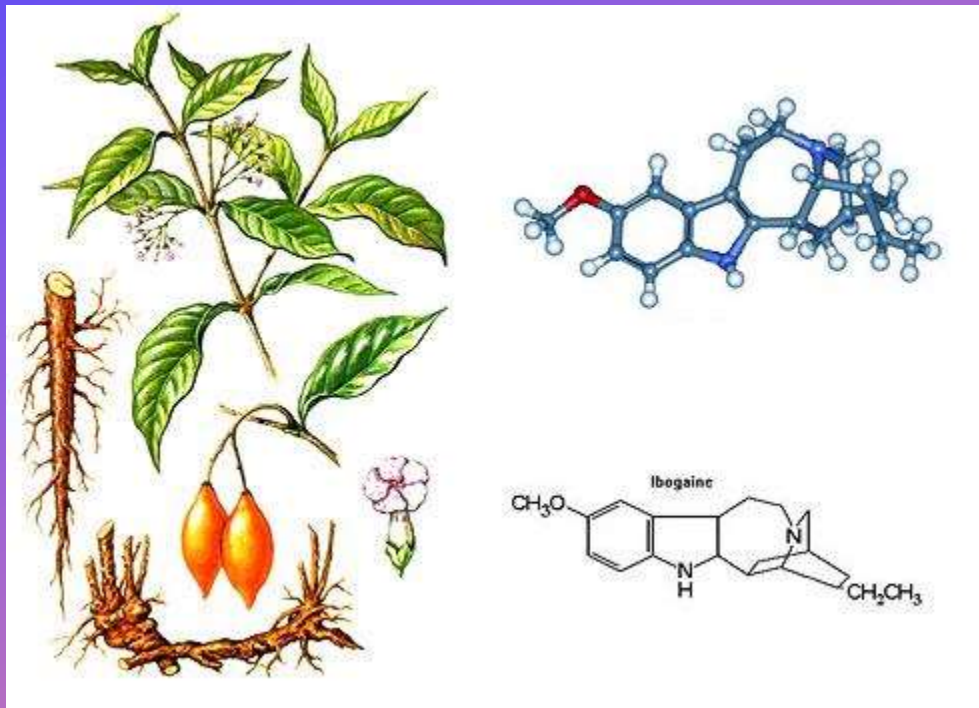


Image credit: microdosing.nl

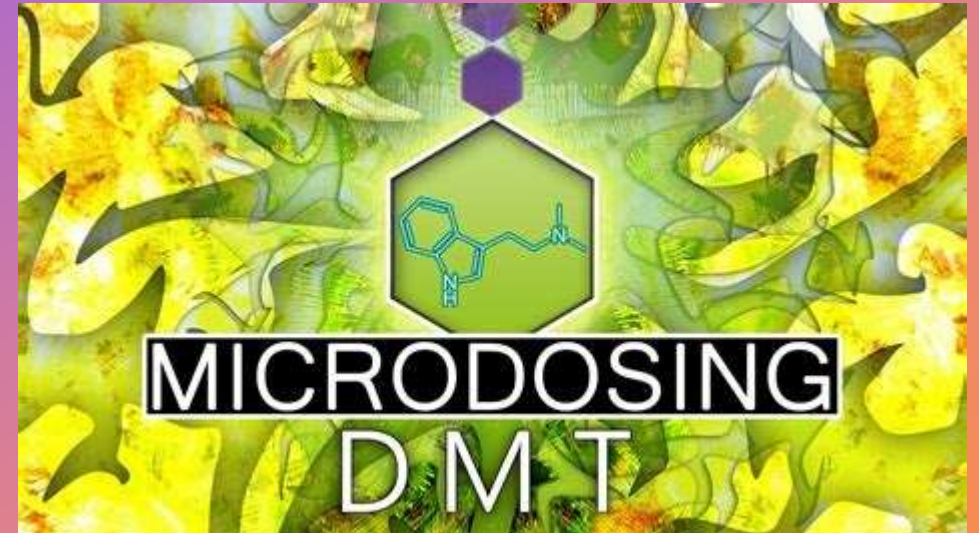
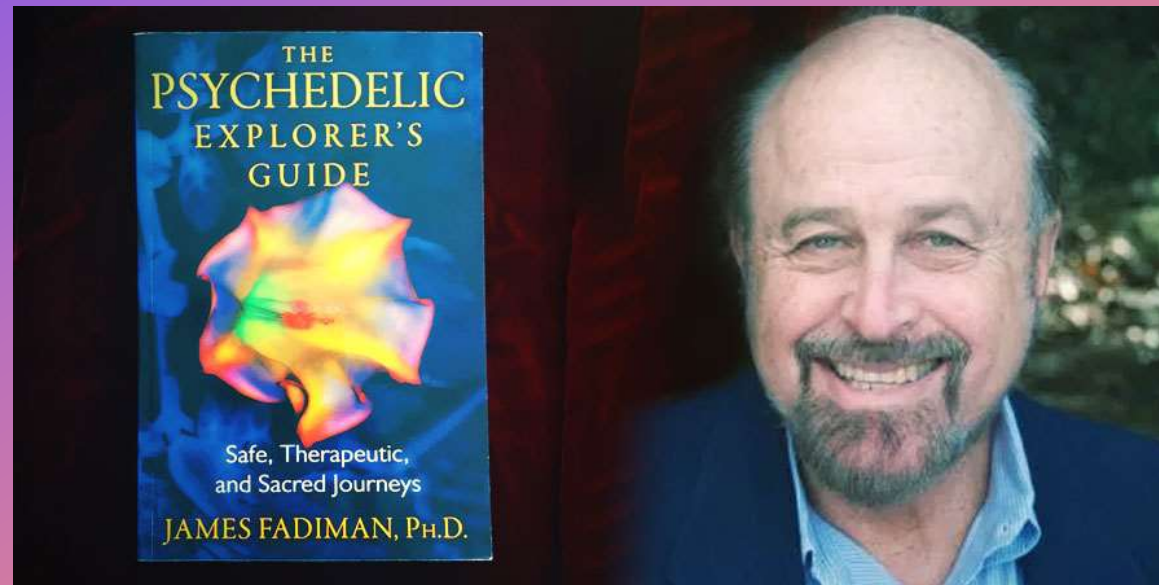


Image credit: HYPERRAUM on youtube

CREATING A DOSING SCHEDULE THAT WORKS FOR YOU

Common approaches:

- The Fadiman approach, 2 days on, 2 days off
- Weekday approach, Monday-Friday are dosing days, Saturday-Sundays are off
- The Balanced approach, which is every other day



THE PAUL STAMETS STACK

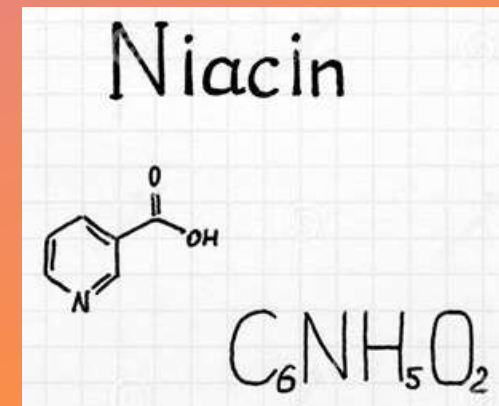
Psilocybin: 1-10 mg
(Psilocybe mushroom at 1%: 0.1-1g)

Erinacines/Hericenones: 50-200 mg
(Lion's Mane mushroom at 1% 5-20 g)

Niacin: 101-200 mg)
(based on 154lbs person)

Why niacin?

It has been suggested that niacin helps substances get past the blood brain barrier, and helps the psilocybin reach nerve ending



TIPS FOR CREATING YOUR OWN REGIMEN

- Regimens can be followed anywhere from a few weeks to a couple of years
- Keep a microdosing journal to help yourself track dosages and stay mindful of goals and cognitive changes
 - Doing so can help you intuitively understand which schedule works best for you
- Meditation, yoga, and other mindfulness practices can help keep track of cognitive changes, by increasing awareness of thought processes/patterns



FINDING WHAT WORKS: PERSONAL EXPERIMENTATION

It might be helpful to start with a creative dose (at least in the case of mushrooms) if you have not done them before

Take it slow, be mindful. There are many different factors that come into play that change how microdoses affect each person:

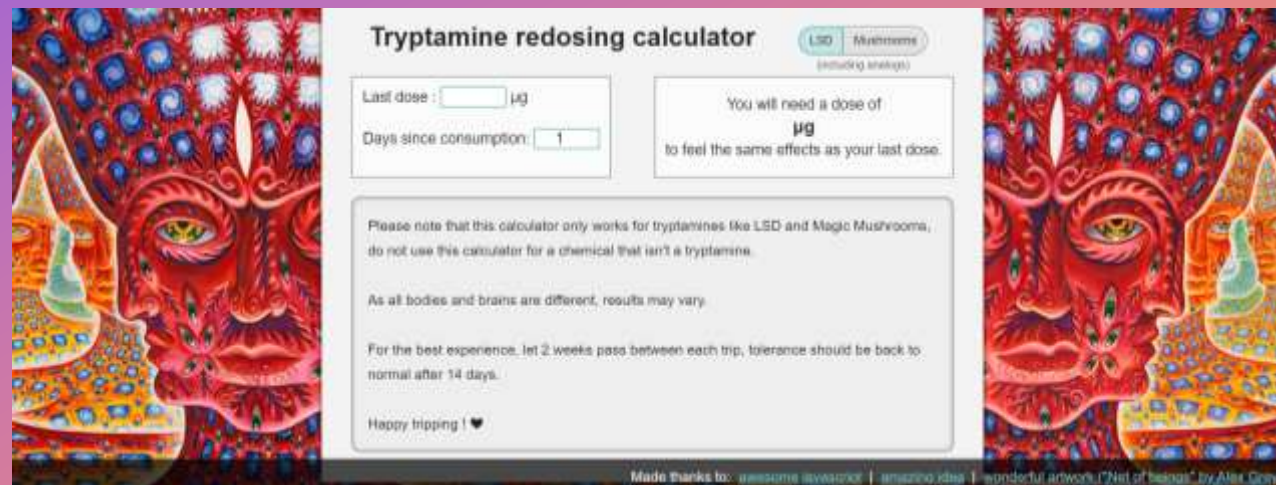
- Potency
- Diet
- Weight
- Height
- Genetics
- Liver enzymes (cytochrome P450)
- Mental health status
- Personality type
- Natural tolerances



Image credit: Alex Gray

WHY TAKE DAYS OFF? TOLERANCE!

- Gives your brain and body chemistry a chance to 'reset': acquired tolerance
- Taking days off resets the effectiveness of the dose
- Everyone has a unique individual baseline tolerance: your 'natural' tolerance
- Gives time for integration of the psychedelic experience
- Tryptamine redosing calculator: <https://codepen.io/Miyayk/full/amPPzA>



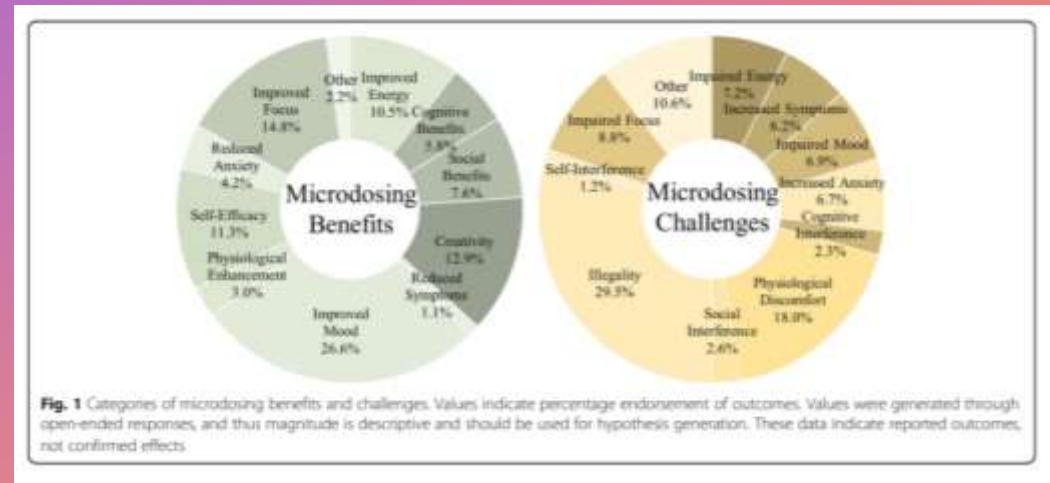
ARE THERE RISKS?

Short answer: just as with any substance you ingest that creates changes on a neurological level, yes, there can be risks. That being said...

Looking back at the Thomas Anderson, et al. (2019) study mentioned previously, we can outline both benefits and potential challenges to microdosing

Table 1 Parallels between benefits and challenges

Outcome category	Benefit category	Challenge category
Mood	Improved mood	Impaired mood
Self	Self-efficacy	Self-interference
Focus	Improved focus	Impaired focus
Social	Social benefits	Social interference
Energy	Improved energy	Impaired energy
Cognitive	Cognitive benefits	Cognitive interference
Anxiety	Reduced anxiety	Increased anxiety
Physiological	Physiological enhancement	Physiological discomfort
Symptoms	Reduced symptoms (other)	Increased symptoms (other)
Other	Other perceived benefits	Other perceived challenges



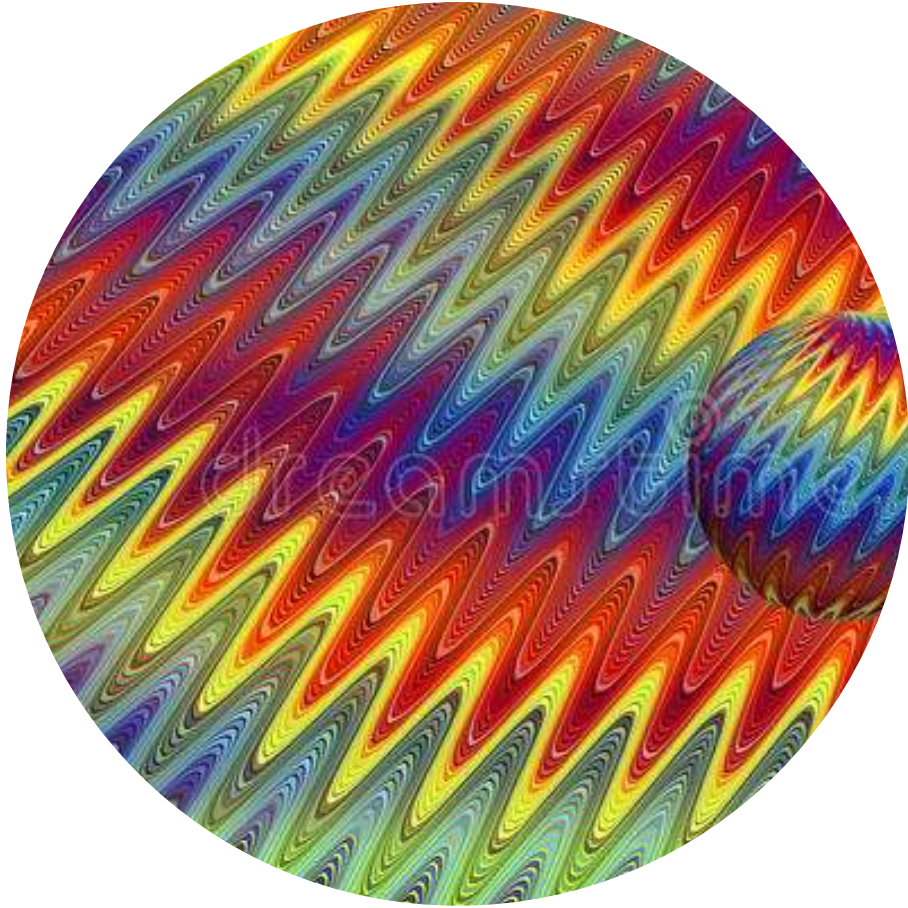
In general, more beneficial experiences with microdosing were reported than negative experiences!

RISKS, CONT.

From Fadiman's website, on the topic of microdosing mushrooms:

“We specifically do not recommend that people with colorblindness, who live with diagnoses of psychotic disorders or along the autism spectrum try microdosing. People with colorblindness report lasting visual distortions from microdosing. Literature suggests people with psychotic disorders may be harmed by psychedelics. In our experience, people with diagnoses along the autism spectrum seem to require dosages that far exceed what is traditionally considered microdosing.”

MY OWN EXPERIENC E



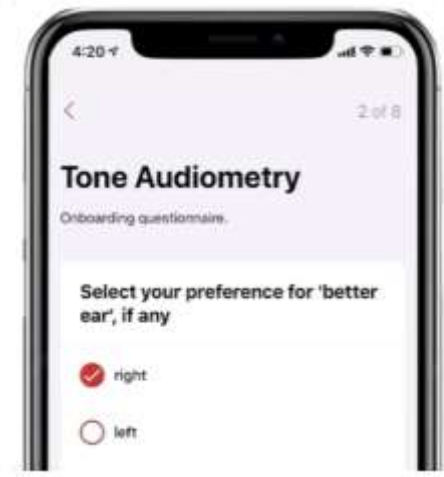
- Microdosing keeps me loose and open-minded
- I learn things very quickly, I can make personal growth on a monthly basis
- Helps me be honest with myself and see clearly where thoughts or ideas are coming from
- Helps with self-therapy

OTHER INTERESTING INFORMATION:

In collaboration with MAPS, Paul Stamets has announced the first ever mobile microdosing study!

You can participate through your phone!

<https://microdose.me/>



A correlational study on the effects of microdosing psychedelic substances on cognitive performance and mental health.

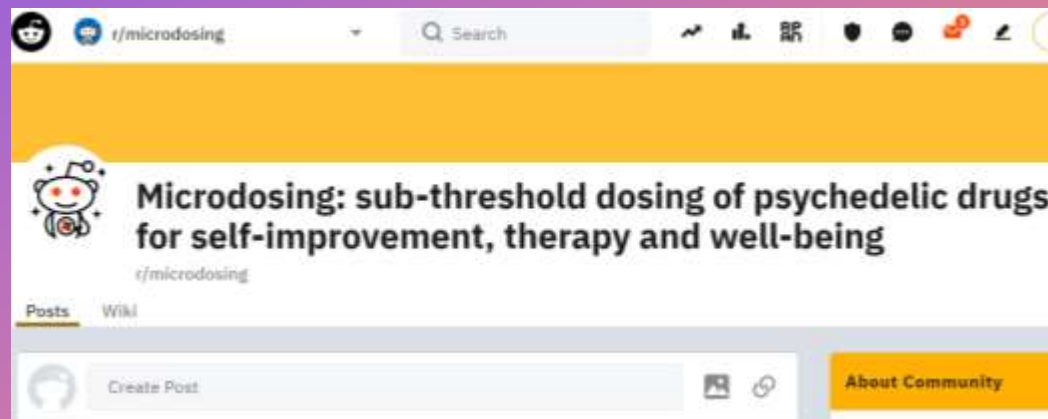
POWERED BY:
QC QUANTIFIED CITIZEN

PARTING NOTES, CONCLUSIONS, AND REMINDERS

- Microdosing, when done properly, can be a safe and effective way to handle and deal with many of life's daily struggles – and could prove to be a way to treat depression, anxiety, and addiction
- Microdosing schedules can and will look different for each individual person
- Do not use my presentation as your only guide – I encourage you to do your own research into the topic!
- Don't forget to start small and then go from there!
- Don't forget to test your substances and try and know their potency as best you can

EXTRA RESOURCES

- Erowid
- Youtube (such as PsychedSubstances)
- Shroomery.org
- The Third Wave
- Maps.org
- Reddit.com/r/microdosing
- Aaron Eisen's neurology and microdosing presentation
- Kayci's microdosing 101 workshop on Youtube



A COUPLE OF OTHER INTERESTING TOPICS:

- The benefits of taking larger doses intermittently with microdosing
- Any specific differences in benefits or risks between microdosing different substances (LSD vs psilocybin/Ibogaine vs DMT)

An aerial photograph of a forest at night, viewed from above. The trees are densely packed and illuminated from below, creating a vibrant display of colors including deep reds, oranges, yellows, and greens against a dark background. The lighting creates a strong contrast and highlights the intricate textures of the tree branches.

**THANK
YOU!!**

Image credit:

<https://www.pinterest.com/pin/257620041157023190/>