

how much psilocybin to take

how much psilocybin to take is a crucial question for anyone interested in exploring the effects of psilocybin-containing mushrooms or other substances. Determining the right dosage depends on various factors including individual tolerance, desired intensity of experience, body weight, and the form of psilocybin consumed. This article provides a comprehensive guide on how to approach dosing safely and effectively. It covers recommended dosage ranges, the differences between microdosing and full psychedelic doses, factors influencing dosage, and safety considerations. Understanding these elements helps optimize the experience while minimizing potential risks. Below is a detailed table of contents outlining the main topics discussed.

- Understanding Psilocybin and Its Effects
- Recommended Psilocybin Dosage Guidelines
- Factors Influencing Psilocybin Dosage
- Microdosing vs. Macrodosing Psilocybin
- Methods of Consuming Psilocybin
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Understanding Psilocybin and Its Effects

Psilocybin is a naturally occurring psychedelic compound found in certain species of mushrooms, commonly known as magic mushrooms. When ingested, psilocybin is metabolized into psilocin, which interacts with serotonin receptors in the brain to produce altered perceptions, enhanced sensory experiences, and changes in mood and cognition. The intensity and quality of these effects depend largely on the amount of psilocybin consumed.

How Psilocybin Works in the Brain

Psilocybin primarily affects the brain's serotonin system, particularly the 5-HT_{2A} receptors. This interaction leads to altered neural connectivity and activity in various brain regions, resulting in the characteristic psychedelic experience. Effects may include visual and auditory hallucinations, changes in time perception, emotional shifts, and philosophical or spiritual insights.

Common Effects and Duration

Typical effects of psilocybin use last between 4 to 6 hours, depending on dosage and individual factors. Users may experience euphoria, introspection, and sensory enhancement, but higher doses can also lead to confusion, anxiety, or disorientation. Understanding these effects is essential when determining how much psilocybin to take.

Recommended Psilocybin Dosage Guidelines

Determining the appropriate psilocybin dose is key to achieving the desired experience while minimizing adverse effects. Dosages are usually measured in grams of dried psilocybin mushrooms or in milligrams of pure psilocybin extract.

Dosage Ranges by Experience Level

The most common way to dose psilocybin is via dried mushrooms, with average psilocybin content varying by species. Here are typical dosage guidelines:

- **Microdose:** 0.1 to 0.3 grams of dried mushrooms (approximately 1 to 3 milligrams of psilocybin). Sub-perceptual effects, increased focus, and mood enhancement.
- **Low Dose:** 0.5 to 1.5 grams. Mild perceptual changes and light psychedelic effects.
- **Moderate Dose:** 1.5 to 3 grams. Noticeable visual and cognitive alterations, moderate psychedelic experience.
- **High Dose:** 3 to 5 grams or more. Intense hallucinations, deep psychological effects, and potential for challenging experiences.

Pure Psilocybin Dosage

For those using pure psilocybin extract, typical doses range from 5 to 20 milligrams, with similar effects to mushroom doses scaled accordingly. Pure psilocybin allows for more precise dosing but requires careful measurement.

Factors Influencing Psilocybin Dosage

Several variables impact how much psilocybin to take for optimal results, including individual physiology and external circumstances.

Body Weight and Metabolism

Body weight influences the intensity of psilocybin's effects. Heavier individuals may require slightly higher doses to achieve comparable effects. Metabolic rate and individual sensitivity also play important roles.

Set and Setting

The environment and mental state during consumption, known as "set and setting," significantly affect the psilocybin experience. A calm, safe, and supportive environment can enhance positive effects and reduce the risk of anxiety or panic.

Tolerance and Frequency of Use

Repeated use of psilocybin within a short time frame can build tolerance, requiring higher doses for the same effect. It is generally recommended to space sessions by at least two weeks to avoid tolerance buildup.

Microdosing vs. Macrodosing Psilocybin

Psilocybin dosing strategies vary widely, with microdosing and macrodosing representing two distinct approaches.

Microdosing

Microdosing involves taking very small amounts of psilocybin, typically around 5-10% of a recreational dose. The goal is not to induce a full psychedelic experience, but rather to enhance mood, creativity, and focus without perceptual distortion.

Macrodosing

Macrodosing refers to taking a full or high dose, producing a profound psychedelic experience. This can involve deep introspection, altered reality perception, and spiritual or therapeutic breakthroughs. Macrodosing requires careful preparation and consideration of dosage to ensure safety.

Methods of Consuming Psilocybin

The form in which psilocybin is consumed affects dosage calculations and onset time.

Dried Mushrooms

Dried psilocybin mushrooms are the most common form of consumption. Dosage is measured by weight, with typical doses ranging from microdoses of 0.1 grams to high doses of 5 grams or more.

Psilocybin Extracts and Capsules

Extracts and capsules contain concentrated psilocybin, allowing for precise dosing. These forms are easier to measure but require accurate scales and dosing knowledge.

Teas and Edibles

Psilocybin mushrooms can be brewed into tea or incorporated into edibles. These methods may alter onset time and intensity but require dosage adjustments based on preparation.

Safety, Risks, and Precautions

Understanding how much psilocybin to take includes awareness of safety guidelines and possible risks.

Potential Risks and Side Effects

Common side effects include nausea, dizziness, anxiety, and confusion. High doses may induce overwhelming experiences or psychological distress. Pre-existing mental health conditions can increase risk.

Precautions for Safe Use

To minimize risks, users should:

1. Start with a low dose to assess sensitivity.
2. Use psilocybin in a safe, controlled environment.
3. Avoid mixing with other substances, especially alcohol or stimulants.
4. Ensure a trusted, sober sitter is present during high doses.
5. Allow sufficient time between sessions to prevent tolerance.

Legal Considerations

Psilocybin remains a controlled substance in many jurisdictions. Users must be aware of local laws and regulations before acquiring or consuming psilocybin-containing products.

Frequently Asked Questions

How much psilocybin is considered a beginner dose?

A beginner dose of psilocybin is typically around 1 to 1.5 grams of dried magic mushrooms, which usually contain about 10-15 mg of psilocybin.

What is a common moderate dose of psilocybin?

A moderate dose of psilocybin is generally between 2 to 3.5 grams of dried mushrooms, providing roughly 20-35 mg of psilocybin, leading to more intense visual and cognitive effects.

How much psilocybin is in a microdose?

A microdose of psilocybin is usually about 0.1 to 0.3 grams of dried mushrooms, which is approximately 1-3 mg of psilocybin, producing subtle effects without hallucinations.

Can taking too much psilocybin be dangerous?

Taking very high doses of psilocybin can lead to intense psychological experiences, anxiety, paranoia, and in rare cases, psychosis. It is important to start low and go slow to minimize risks.

How does body weight affect the amount of psilocybin to take?

Body weight can influence psilocybin effects; generally, individuals with higher body weight may require slightly higher doses to achieve similar effects, but individual sensitivity varies greatly.

How long does it take for psilocybin effects to start after ingestion?

Effects typically begin within 20 to 40 minutes after ingestion, peaking around 60 to 90 minutes, and lasting 4 to 6 hours depending on dose and individual metabolism.

Is it better to take psilocybin on an empty stomach?

Yes, taking psilocybin on an empty stomach can lead to faster onset and often more intense effects, as food can delay absorption.

How should someone prepare their dose of psilocybin safely?

To prepare a safe dose, start with a small amount, use a precise scale to weigh dried mushrooms, and avoid mixing with other substances. Always have a trusted setting and sitter if possible.

Are doses different for psilocybin extracted powder versus dried mushrooms?

Yes, pure psilocybin powder is much more potent than dried mushrooms. Typical dried mushroom doses are in grams, while pure psilocybin doses are in milligrams, usually 10-30 mg for a moderate experience.

What factors influence how much psilocybin one should take?

Factors include individual tolerance, experience level, body weight, mental health status, the potency of the mushrooms, setting, and desired intensity of the experience.

Additional Resources

1. Psilocybin Dosage Guide: Finding the Perfect Trip

This comprehensive guide explores how to determine the right psilocybin dose for different experience levels, from beginners to seasoned psychonauts. It covers factors such as body weight, mushroom potency, and desired effects. Readers will find practical tips on safe consumption and managing dosage increments.

2. The Science of Psilocybin: Understanding Dosage and Effects

Delving into the pharmacology of psilocybin, this book explains how dosage influences the psychedelic experience. It includes detailed charts and scientific studies to help readers comprehend the relationship between dose size and intensity. The book also discusses therapeutic uses and dosage guidelines.

3. Microdosing Psilocybin: A Practical Handbook

Focused on the emerging trend of microdosing, this book guides readers on how to take sub-perceptual doses of psilocybin for mental health and creativity. It outlines precise dosing schedules and explains how to measure tiny amounts safely. Personal anecdotes and research-backed advice make this a valuable

resource.

4. *Journey Through the Mushroom: Dosage and Experience*

This narrative-driven book combines personal stories with practical dosage advice, illustrating how different amounts of psilocybin affect consciousness. It helps readers prepare for their journeys by explaining the psychological and physical effects at varying dose levels. Safety tips and preparation techniques are also covered.

5. *Psilocybin Dosage Calculator: Tailoring Your Trip*

Offering a step-by-step approach, this book helps users calculate the optimal psilocybin dose based on individual variables like body weight, tolerance, and mushroom species. It includes charts, tables, and conversion guides to simplify the process. The author emphasizes responsible use and harm reduction.

6. *Safe and Effective Psilocybin Use: Dosage Essentials*

This book prioritizes safety and effectiveness, providing clear guidelines on how much psilocybin to take for different purposes, including recreational, spiritual, and therapeutic. It discusses the importance of set and setting, as well as the risks of overconsumption. Readers will learn how to dose confidently and safely.

7. *Psilocybin Mushroom Handbook: Dosing for Beginners*

Designed for newcomers, this handbook breaks down dosage recommendations into easy-to-understand categories: microdose, low, moderate, and high doses. It explains how to weigh and prepare mushrooms accurately and what to expect at each dose range. The book also touches on legal considerations and sourcing.

8. *Exploring Psilocybin: Dosage, Effects, and Integration*

This guide takes a holistic approach by discussing not only how much psilocybin to take but also how to integrate the experience afterward. It includes dosing charts and advice on managing trips of varying intensity. Integration techniques help readers make the most of their psychedelic journeys.

9. *The Art and Science of Psilocybin Dosing*

Balancing empirical research with experiential knowledge, this book delves into the nuances of psilocybin dosing. It covers factors influencing dose response, such as metabolism and mindset, and offers practical advice for customizing dosages. The book aims to empower readers to approach psilocybin use with both respect and curiosity.

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how much psilocybin to take: *Your Psilocybin Mushroom Companion* Michelle Janikian, 2019-11-19 Discover the transformational power of psilocybin mushroom with this all-encompassing guide to harnessing magic mushrooms safely and effectively. Thanks to cutting-edge research, the medical and mental health communities are rediscovering the transformative power of psychedelics. And among the psychedelics showing the most promise for opening and healing the mind is the psilocybin mushroom. This friendly, fact-packed companion to magic mushrooms offers a full guide to having the most successful and beneficial experiences—whether you’re a complete newcomer or have dabbled in psychedelics before. Author Michelle Janikian’s straightforward, matter-of-fact approach pairs the most up-to-date research with personal advice and experiences to provide a whole perspective of the pros, cons, and many possibilities of experimenting with psychedelic mushrooms. Whether you’re looking to try mushrooms for healing, personal or spiritual growth, out of curiosity, or for just plain fun, *Your Psilocybin Mushroom Companion* helps you prepare for every type of journey—from microdosing to full trips and even “trip sitting.” With this book, you’ll find it’s never been easier to use these sacred fungi safely and responsibly.

how much psilocybin to take: *The Psilocybin Handbook for Women* Jennifer Chesak, 2023-06-06 Check out the Benjamin Franklin Award-winning resource for women interested in harnessing the power of psilocybin, AKA magic mushrooms—from how to microdose and trip sit (yes, that's a thing) to understanding the latest psychedelic research—all in a decidedly bro-free format. If you’re looking for mushroom mansplaining, you’ve come to the wrong book. The *Psilocybin Handbook for Women* is a resource for everyone, although it features information specific to those assigned female at birth—because psychedelics may have different effects and applications across the sexes. This informative guidebook is packed full with everything you need to know about psilocybin, including its history, potential medicinal and recreational benefits, the latest evidence-based research, how to microdose and trip sit, and more. With *The Psilocybin Handbook for Women*, you’ll also get the answers to some of your most pressing questions, like: Does psilocybin affect women differently? Does it matter where I am in my cycle when I use psilocybin? Can psilocybin help with menstrual migraines, endometriosis, or premenstrual dysphoric disorder? Will psilocybin boost my sex life? Do hormones have an impact on the entourage effect? What the heck is the entourage effect? And more! Whether you’re a newbie or a seasoned psychonaut, this research-backed guide will help you successfully navigate the world of magic mushrooms.

how much psilocybin to take: *The Psilocybin Mushroom Grower's Guide for Beginners* T.S. Andrews, 2024-04-10 Learn how to grow magic mushrooms with this ultimate beginners guide. Written in straightforward and non-technical language, *The Psilocybin Mushroom Grower's Guide for Beginners* offers step-by-step instructions (with real pictures!) that'll teach you the techniques to go from a being complete novice to a pro. This book shares the easy methods on how to cultivate indoors without any expensive equipment. Who says you can't produce high-quality yields in your own private space? And with no prior experience at all? Oh, it's definitely possible. Specially organized for beginners, actual examples and explanations are included in every chapter. First, we'll take you through the basic fundamentals, which also includes the supplies and equipment. Followed by showing you the entire growing process from start to finish and even how to harvest. Lastly, we'll end this guide with cloning a mushroom and using it in liquid culture. Although the information is curated for new growers, anyone who is interested about this topic in general will find something in here to be useful.

how much psilocybin to take: *Psilocybin Mushrooms* George Mikkelsen, 2024-01-27 Embark on a comprehensive journey into the fascinating world of Psilocybin Mushrooms with *Psilocybin Mushrooms: Everything You Need to Know about Magic Mushrooms, from Cultivation to Safe Use*. This all-encompassing guide serves as your ultimate companion, meticulously crafted to provide a deep understanding of magic mushrooms—from their cultivation to responsible and safe usage. Inside the pages of *Psilocybin Mushrooms*, you'll delve into: - Cultivation Mastery: Gain insight into the art and science of cultivating Psilocybin Mushrooms. This guide offers step-by-step instructions,

tips, and best practices, empowering both beginners and experienced cultivators to embark on a successful journey of mushroom cultivation. - Botanical Insight: Explore the biology and chemistry behind Psilocybin Mushrooms. Understand the components that contribute to their unique effects and discover the intricate nature of these fascinating fungi. - Safe Use Guidelines: Navigate the realm of responsible and safe usage with comprehensive guidelines. From dosage recommendations to understanding potential risks and benefits, this manual prioritizes user safety and well-being. - Legal Landscape: Stay informed about the legal aspects surrounding Psilocybin Mushrooms. This guide provides clarity on the current legal landscape, ensuring that users are well-versed in the regulations and implications associated with magic mushroom use. - Psychedelic Insights: Delve into the psychedelic experience with insights from experienced users. Understand the potential therapeutic benefits, spiritual exploration, and personal growth that can accompany the responsible use of Psilocybin Mushrooms. - User-Friendly Format: Designed for accessibility, this guide presents complex information in a user-friendly format, making it an invaluable resource for anyone seeking knowledge about Psilocybin Mushrooms. Whether you're a novice enthusiast or a seasoned explorer of psychedelics, Psilocybin Mushrooms is your definitive guide to understanding, cultivating, and safely navigating the world of magic mushrooms. Empower yourself with the knowledge needed to approach Psilocybin Mushrooms responsibly and with respect for their unique properties. Embark on a journey of enlightenment and discovery—pick up Psilocybin Mushrooms and unlock the secrets of these extraordinary fungi, from cultivation to safe use.

how much psilocybin to take: Welcome to Psilocybin Seth Warner, 2023-10-31 Interest in the benefits of mushrooms has exploded. And it turns out growing psilocybin at home may be easier than you may think. Welcome to Psilocybin is an incredibly useful introductory mushroom resource. This easy-to-use guide to the world of psilocybin covers a wide range of topics: Dosage, sourcing spores, psychedelic safety, and all the tools and instructions needed to successfully grow potent magic mushrooms at home. Readers will see exactly how to cultivate magic mushrooms and integrate them into their lives. With a little experience anyone can scale up with ease. This easy-to-use text is a thorough guide to the world of psilocybin. From sourcing spores to psychedelic safety, Welcome to Psilocybin is an incredibly useful introductory mushroom resource: Learn an easy cultivation system that uses materials and tools that can be found at grocery and hardware stores, Explore the psychedelic experience and the different dosage guidelines including a microdosing crash course. Find out about proper drying and storage resulting in high-quality and consistency. Discover the important modern history of plant medicine reform. This definitive text takes you on a 360-degree journey through the psychedelic experience. Welcome to Psilocybin is a fascinating and informative handbook that equips readers with practical cultivation methods and cultural knowledge to guide their integrative practice. Welcome to Psilocybin is a go-to text for the entire mushroom community.

how much psilocybin to take: Magic Mushrooms Dillon H. Point,

Change Your Life with the Power of Magic Mushrooms

A psychedelic trip is not something to take lightly. You have to prepare for it and be open to wherever the experience takes you. Yes, psychedelic trips can change your entire outlook on life. But how do you tap into such a powerful experience? And, is it even legal? This book gives you the complete guide to sourcing, measuring and using magic mushrooms. Magic mushrooms are a safe and trusted way to consume psilocybin, the ingredient that induces psychedelic trips. Artist Harry Styles claims they changed the direction of his music. The best part is that a smaller dose of magic mushrooms can help you become more productive and focused. It is not always necessary to go on a full psilocybin trip. Psilocybin mushrooms are on the path to becoming legal in coming years. Your doctor may even recommend them for depression or anxiety. Read this book and learn all you need to know about magic mushrooms, including: The pros and cons of using mushrooms How to safely trip and microdose How to grow your own supply You will also learn the best practices when using magic mushrooms, the legality of magic mushrooms, how to get the most out of psilocybin and so much more.

The future is Psilocybin and magic mushrooms are the source.

how much psilocybin to take: Have a Good Trip Eugenia Bone, 2024-10-22 From a much-loved expert and popular science writer comes this straight-from-the-trenches report on how and why folks from all walks of life are using magic mushrooms to enhance their lives. Interest in psychedelic mushrooms has never been greater – or the science less definitive. Popular science writer and amateur mycologist Eugenia Bone reports on the state of psychedelics today, from microdosing to heroic trips, illustrating how “citizen science” and anecdotal accounts of the mushrooms’ benefits are leading the new wave of scientific inquiry into psilocybin. With her signature blend of first-person narrative and scientific rigor, Bone breaks down just how the complicated cocktail of psychoactive compounds is thought to interact with our brain chemistry. She explains how mindset and setting can impact a trip – whether therapeutic, spiritual/mystical, or simply pleasure seeking – and vividly evokes the personalities and protocols that populate the tripping scene, from the renegade “Noccers” of Washington who merrily disperse magic mushroom spores around Seattle, to the indigenous curanderas who conduct traditional ceremonies in remote Mexican villages. Throughout she shares her journey through the world of mushrooms, cultivating her own stash, grappling with personal challenges, and offering the insights she gleaned from her experiences. For both seasoned trippers and the merely mushroom curious, *Have a Good Trip* offers a balanced, entertaining, and provocative look at this rapidly evolving cultural phenomenon.

how much psilocybin to take: Psilocybin Therapy Dr. JJ Pursell, 2024-04-16 Discover a new path to self-discovery and healing with this timely exploration of the therapeutic benefits of psilocybin mushrooms. In *Psilocybin Therapy*, Dr. JJ Pursell explores the next frontier in mental health: the therapeutic use of psilocybin mushrooms and related psychedelics. Readers will learn about the chemical makeup of mushrooms and what makes them powerful, the history of the fungi, the thought leaders in the movement, and the impact of psilocybin on the brain. Additional chapters explore how to use psilocybin with a facilitator, how psychedelics can help users work through deep psychological issues, what microdosing means, and how to assess potential risks. Pursell weaves her personal experience with psilocybin as both a user and a facilitator throughout the text. The result is a relatable, accessible, and helpful guide for those seeking a new form of self-discovery and healing.

how much psilocybin to take: Drug Classification Great Britain: Parliament: House of Commons: Science and Technology Committee, 2006-07-31 Focuses on the relationship between scientific advice and evidence and the classification of illegal drugs. This report argues that the weakness of the evidence base on addiction and drug abuse is a severe hindrance to effective policy making, and highlights the need for the Government to increase significantly its investment in research.

how much psilocybin to take: Health and Healing Andrew Weil, 2004 Drawing on the author's vast clinical and personal experience, this guide to alternative health practices also includes case studies from around the world.

how much psilocybin to take: Neuropathology of Drug Addictions and Substance Misuse Volume 2 Victor R Preedy, 2016-03-25 *Neuropathology of Drug Addictions and Substance Misuse, Volume 2: Stimulants, Club and Dissociative Drugs, Hallucinogens, Steroids, Inhalants and International Aspects* is the second of three volumes in this informative series and offers a comprehensive examination of the adverse consequences of the most common drugs of abuse. Each volume serves to update the reader's knowledge on the broader field of addiction as well as to deepen understanding of specific addictive substances. Volume 2 addresses stimulants, club and dissociative drugs, hallucinogens, and inhalants and solvents. Each section provides data on the general, molecular and cellular, and structural and functional neurological aspects of a given substance, with a focus on the adverse consequences of addictions. Research shows that the neuropathological features of one addiction are often applicable to those of others, and understanding these commonalities provides a platform for studying specific addictions in more depth and may ultimately lead researchers toward new modes of understanding, causation, prevention, and treatment. However, marshalling data on the complex relationships between addictions is difficult due to the myriad material and substances. - Offers a modern approach to

understanding the pathology of substances of abuse, offering an evidence-based ethos for understanding the neurology of addictions - Fills an existing gap in the literature by serving as a one-stop-shopping synopsis of everything to do with the neuropathology of drugs of addiction and substance misuse - Includes in each chapter: list of abbreviations, abstract, introduction, applications to other addictions and substance misuse, mini-dictionary of terms, summary points, 6+ figures and tables, and full references - Offers coverage of preclinical, clinical, and population studies, from the cell to whole organs, and from the genome to whole body

how much psilocybin to take: On Drugs Justin Smith-Ruiu, 2025-09-23 "Like the best psychedelic experiences, *On Drugs* estranges the familiar, familiarizes the strange, and returns us to reality (whatever that is) with a broadened sense of the possible. Justin Smith-Ruiu is simply one of the most interesting thinkers alive, and he has found an ideal subject for his peculiar brand of brilliance." —Christopher Beha, author of *The Index of Self-Destructive Acts* In the late, post-lockdown days of the pandemic, grappling with personal loss and existential uncertainty, Justin Smith-Ruiu found himself standing in a California cannabis dispensary, pondering a question his tribe of fellow philosophers have often dismissed as too simple: How did I get here? That moment marked a transition for him—it was the start of a journey Smith-Ruiu would take to experience his own mind and the world around him in a new, clarifying way. *On Drugs* blends autobiography, intellectual history, and philosophical inquiry to explore the transformative impact of psychedelics on human consciousness and thought. Drawing on his personal experiences as 'an articulate guinea pig,' Smith-Ruiu argues that psychedelics upend our assumptions about the nature of reality—and thus force a reckoning with the very foundations of Western philosophy. Provocative, profound, and deeply personal, *On Drugs* points toward a radically new way of thinking about the world and our capacity to understand it.

how much psilocybin to take: Psychedelic Outlaws Joanna Kempner, 2024-06-04 Award-winning sociologist Joanna Kempner unearths how a group of ordinary people debilitated by excruciating pain developed their own medicine from home-grown psilocybin mushrooms—crafting near-clinical grade dosing protocols—and fought for recognition in a broken medical system. Cluster headache, a diagnosis sometimes referred to as a 'suicide headache,' is widely considered the most severe pain disorder that humans experience. There is no cure, and little funding available for research into developing treatments. When Joanna Kempner met Bob Wold in 2012, she was introduced to a world beyond most people's comprehension—a clandestine network determined to find relief using magic mushrooms. These 'Clusterbusters,' a group united only by the internet and a desire to survive, decided to do the research that medicine left unfinished. They produced their own psychedelic treatment protocols and managed to get academics at Harvard and Yale to test their results. Along the way, Kempner explores not only the fascinating history and exploding popularity of psychedelic science, but also a regulatory system so repressive that the sick are forced to find their own homegrown remedies, and corporate America and university professors stand to profit from their transgressions. From the windswept shores of the North Sea through the verdant jungle of Peruvian Amazon to a kitschy underground palace built in a missile silo in Kansas, *Psychedelic Outlaws* chronicles the rise of psychedelic medicine amid a healthcare system in turmoil. Kempner's gripping tale of community and resilience brings readers on a eye-opening journey through the politics of pain, through the stories of people desperate enough to defy the law for a moment of relief.

how much psilocybin to take: Can Psychedelic Therapies open a New Frontier in Mental Healthcare (Or Will the Bubble Burst?) Antonio Metastasio, Graham Campbell, Renee Harvey, Peter Schuyler Hendricks, Joanna Caroline Neill, Katrin H. Preller, 2022-09-05

how much psilocybin to take: Supernatural as Natural Michael Winkelman, John R. Baker, 2015-09-04 This book provides a general introduction to the biological and evolutionary bases of religion and is suitable for introductory level courses in the anthropology and psychology of religion and comparative religion. Why did human ancestors everywhere adopt religious beliefs and customs? The presence and persistence of many religious features across the globe and time

suggests that it is natural for humans to believe in the supernatural. In this new text, the authors explore both the biological and cultural dimensions of religion and the evolutionary origins of religious features.

how much psilocybin to take: Psychedelic Medicine at the End of Life Richard Louis Miller, 2024-11-05 • Outlines 10 steps for dying gracefully with the help of psychedelics, including how to navigate the complex legal landscape and find the right guide and therapy • Looks at clinical studies of psychedelics from UCLA, Johns Hopkins, and NYU School of Medicine that show dramatic lessening of end-of-life anxiety in terminally ill patients • Shares wisdom from experts on psychedelic research and palliative care, including Roland Griffiths, Katherine MacLean, Ira Byock, and Anthony Bossis Examining the evolving landscape that is found around end-of-life psychedelic care, Dr. Richard Louis Miller, a clinical psychologist for more than half a century, looks at how LSD, MDMA, psilocybin, and ayahuasca can be vital tools in allowing individuals in all stages of life to confront fears of dying and, in so doing, lead richer lives. Miller shares wisdom from experts on the frontiers of psychedelic research and palliative care—including Roland Griffiths, Katherine MacLean, Ira Byock, and Anthony Bossis—and examines cutting-edge studies from Johns Hopkins, UCLA, and NYU School of Medicine that show dramatically decreased anxiety in terminally ill patients through the use of psychedelics. He explores how different substances can help the dying overcome their end-of-life distress. He also provides testimony from researchers and patients participating in psychedelic-assisted psychotherapy that helps convey the experience of ego death at the heart of the psychedelic experience. Miller outlines 10 steps for dying gracefully, without fear, with the help of psychedelics. He examines how to navigate the complex legal landscape and find the right guide, dose, and therapy. He also includes reflections from key figures in the psychedelic community as well as some of his own psychedelically informed mystical and near-death experiences. Revealing psychedelics as a portal of transformation, Miller shows how they are singularly valuable in helping individuals face the end of life with courage and serenity.

how much psilocybin to take: *Psychedelics Encyclopedia* Peter Stafford, 2013-02-18 Traces the history of the use of hallucinogenic drugs and discusses the psychological and physical effects of LSD, marijuana, mescaline, and other drugs.

how much psilocybin to take: Toxic Plants A. Douglas Kinghorn, 1979-12-22 Toxic Plants

how much psilocybin to take: **Fantastic Fungi** Paul Stamets, 2020-04-14 2020 IBPA Awards Winner! “Louie Schwartzberg’s lightly informative, delightfully kooky documentary, “Fantastic Fungi,” offers nothing less than a model for planetary survival.” –Jeannette Catsoulis, The New York Times “Gorgeous photography! Time-lapse sequences of mushrooms blossoming forth could pass for studies of exotic flowers growing on another planet.” –Joe Morgenstern, The Wall Street Journal The Life-Affirming, Mind-Bending Companion Book to the Smash Hit Documentary FANTASTIC FUNGI Viewed in over 100 countries and selling hundreds of thousands of tickets on the way to finishing 2019 with a rare 100% Tomato meter rating on Rotten Tomatoes, Schwartzberg’s documentary Fantastic Fungi has brought the mycological revolution to the world stage. This is the film’s official companion book, that expands on the documentary’s message: that mushrooms and fungi will change your life– and save the planet. Paul Stamets, the world’s preeminent mushroom and fungi expert is joined by leading ecologists, doctors, and explorers such as Michael Pollan, Dr. Andrew Weil, Eugenia Bone, Fantastic Fungi director Louie Schwartzberg, and many more. Together these luminaries show how fungi and mushrooms can restore the planet’s ecosystems, repair our physical health, and renew humanity’s symbiotic relationship with nature. Join the Movement: Learn about the groundbreaking research that shows why mushrooms stand to provide a solution to environmental challenges, a viable alternative to traditional medicine, and a chance to radically shift consciousness. Most Comprehensive Fungi book in the world: Admire the astounding, underappreciated beauty with over 400 gloriously-shot photographs of the mycelial world’s most rare and beautiful species in their natural environment. World’s Leading Fungi Experts: Edited by preeminent mycologist Paul Stamets, who contributes original pieces, Fungi includes original contributions by bestselling author and activist Michael Pollan, alternative medicine expert Dr.

Andrew Weil, award-winning nature and food writer Eugenia Bone, Fantastic Fungi director Louie Schwartzberg, and so many more. The book's roster of experts make this the most comprehensive survey of the diverse benefits and extraordinary potential of these amazing organisms.

how much psilocybin to take: Psychedelic Capitalism Jamie Brownlee, Kevin Walby, 2025-05-06T00:00:00Z Psychedelics have long been sanctioned as dangerous substances. Today, psychedelics are enjoying a new found appeal, even being idealized as wonder drugs. As part of the so-called psychedelic renaissance, reports abound about the benefits of these substances for remedying individual mental health issues and bringing about social change. Offering a critical view of these developments, Psychedelic Capitalism locates this renaissance in the context of corporate capture, medicalization, and the war on drugs. Wealthy entrepreneurs are investing billions in the psychedelics industry. Biotechnology firms are racing to capture intellectual property and monopolize psychedelic supply chains. Venture capitalists are leveraging the prospects of a lucrative mass market. Together, these actors are appropriating Indigenous knowledge and claiming ownership over substances that have been in the public domain for centuries. Brownlee and Walby ask if corporations and the medical establishment are suited to steward the mainstreaming of psychedelics, raising concerns with how the psychedelic renaissance is entrenching systems of inequality, limiting access and affordability, and increasing the reach of drug war surveillance and criminalization. Interrogating the consequences of psychedelic capitalism, the authors point to what could be gained from a just and equitable psychedelic future rooted in the public interest.

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