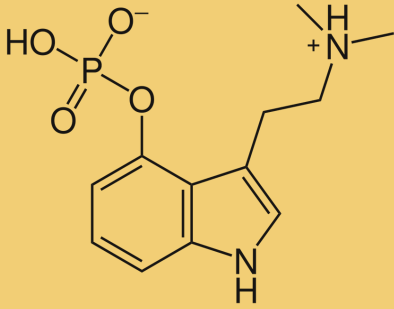




PSILOCYBIN 101

A Beginner's Guide to Understanding What Makes "Magic Mushrooms" oh-so Magical

PHARMACOLOGY



- Psilocybin (a prodrug) is converted to *psilocin* in the body. Both of these molecules, along with other alkaloids, are found in "magic" mushrooms.
- Psilocin induces the psychedelic experience by binding to and activating the 5-HT2A receptors.
- 5-HT2A receptor activation increases neuronal excitability in core hubs of the brain to then enter into a 'pivotal mental state'.
- The half-life is around 3 hours, meaning that psilocybin and psilocin are "cleared" from the body in 12-15 hours.

DOSING*



- Microdose: 0.1 to 0.3 grams
- Threshold Dose: 0.45 to 0.75 grams
- Museum/Concert Dose: 0.75 to 1.5 grams
- "Normal" Dose: 2 to 3 grams
- High Dose 3 to <5 grams
- 'Heroic' Dose: ≥ 5 grams



*Dried psilocybin cubensis (ground)

POTENTIAL INDICATIONS FOR USE



- Cancer-Related Psychiatric Distress
- End-of-Life Psychological Distress
- Treatment-Resistant Depression
- Substance-Use Disorders
- Obsessive-Compulsive Disorder
- Eating Disorders
- Cluster Headaches
- Major Depressive Disorder
- Post-Traumatic Stress Disorder
- Generalized Anxiety Disorder
- Phantom Limb Pain
- ADD/ADHD

SIDE EFFECTS

Acute Side Effects

- Transient Anxiety and Fear
- Nausea, Vomiting, Diarrhea
- Headache (dose-dependent)
- Fatigue
- Transient elevated blood pressure and heart rate
- Confusion

Chronic Side Effects

- Maladaptive Ontological Shock Syndrome
- Valvular Heart Disease



IMPORTANT TERMS TO CONSIDER



- Screening
- Preparation
- Integration
- Set
- Setting
- Intentions
- Navigation
- Facilitation
- Community
- After Care
- Peer Support
- Expectations