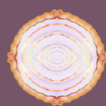


Microdosing Blueprint Guide:



Mushrooms & LSD

**Everything You Need to Know to
have a Successful Experience:**



TIFFANYHURD



Welcome to your Microdosing Blueprint Guide!



Microdosing can be a supportive medicine for healing, accessing peak performance, changing behavioral patterns, healthier habits, health & wellness, improving mental health, creativity and elevating your life! Here are some of the reasons you might be curious to explore microdosing:

- improve your health + well-being performance
- get off SSRI medication
- enhance creativity + productivity
- rewiring & redefining your perception around motherhood
- untangle deep programming from your upbringing
- access inspiration
- heal unresolved trauma
- rediscovering joy of play
- create self love and feel more connected to yourself
- new perspectives and freedom
- heal your anxiety, depression ,addiction, ADHD, and/or OCD
- improve PMDD
- connect more deeply spiritually
- take a holistic route vs be put on medications
- deepen spiritually
- prepare for a higher medicine dose
- personal growth and transformation



If you're reading this, you're most likely...

- Curious to learn about microdosing and which to microdose with
- Wondering if microdosing is for you
- Desiring to begin microdosing and are looking for guidance
- Seeking trusted information on how to get started
- Are already microdosing and are wondering if you're doing it right
- You have developed a microdosing practice and you're desiring to go deeper
- Someone close in your life has benefited from microdosing and you're wondering if you might as well
- You're new to psychedelics and would like to start small
- You are wanting to sit with a ceremonial (macro dose) amount of medicine and have heard microdosing is a great place to begin
- You would like to utilize microdosing as an integration resource post high-dose ceremony

Whichever your reason for being here is, I've got you covered. Tune into the next page to learn what you can expect in this guide and how this will be an incredible resource for you.

Let's dive in.



Here's what you can expect to find within this guide:

- [Page 1](#): Welcome Guide
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- [Page 3](#): What to expect within this guide
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Tiffany Hurd | Microdosing & Business Advisor | Speaker | Psychedelic Consultant

Hi! I'm Tiffany Hurd, a Microdosing and Business Advisor, Speaker, and Psychedelic Consultant based in San Diego. I guide individuals and teams in exploring psychedelics within an intentional framework—using these powerful tools for healing, personal growth, and professional expansion.

I help individuals and teams leverage psychedelics within an intentional framework to unlock peak performance, enhance creativity, and drive personal and professional growth. Through guided microdosing protocols, business strategy consulting, and leadership development, I support entrepreneurs, executives, and companies in integrating these tools for expanded awareness, emotional intelligence, and innovation.

My Journey

My experience with psychedelics began over eight years ago when I transitioned from recreational to intentional use. Growing up in a single-parent home with significant instability—homelessness, shelters, and a household where drugs were sold—my early years were filled with adversity. I never met my father, as he was in and out of prison before passing away when I was eleven. Despite these challenges, I pursued my passion for basketball, earning a Division I full-ride scholarship to Providence College, where I developed resilience, discipline, and leadership skills.

After graduating, I spent over twelve years in executive roles in the medical industry, working with Fortune 500 companies in neurology, neuroscience, and neurovascular. While these roles provided incredible opportunities, they left me feeling unfulfilled. Unhealed childhood trauma, a lack of purpose, and career misalignment manifested as depression, anxiety, and reliance on SSRI medications for over seven years.

Psychedelics became my turning point—or rather, they found me. I began microdosing with the goal of getting off medication so I could sit in an ayahuasca ceremony. Within three months, I successfully weaned off SSRIs, deepening my connection to plant medicines through continued ceremonies and personal exploration.

Today, I educate and mentor individuals on how to optimize their psychedelic experiences with intention and purpose. My work includes guided microdosing journeys, in-person ceremonies, and integration support—blending somatic nervous system tools, breathwork, self-ritual practices, and embodiment techniques to create a transformational experience.



By working together, you'll have the opportunity to explore plant medicines as a tool for self-discovery, breaking through limiting beliefs, and stepping into greater personal and professional alignment.

How We Can Work Together:

For Individuals – I offer guided microdosing journeys, leadership coaching, and integration support to help you optimize cognitive function, emotional intelligence, and personal growth.

-For Teams & Companies – I lead corporate training, business strategy consulting, and microdosing programs designed to enhance problem-solving, resilience, and team cohesion.

Through a blend of structured protocols, embodiment practices, and neuroscience-backed methodologies, I create personalized experiences that empower you—or your team—to break through limitations and achieve meaningful success.

Let's explore what's possible.



Microdosing Psilocybin & LSD: A Transformational Practice

Microdosing can be defined as 1/10th to 1/20th of a normal dose of a psychedelic or a substance. It's sub-perceptual. There are no classic psychedelic effects, and the idea is to subtly improve your mood, energy levels, and thought patterns. The two most common medicines to microdose with are Psilocybin Mushrooms and LSD; these both have incredible research, data and backed science on the value, benefits and outcomes.

The point is not "trip" or feel completely out of body, but instead to improve your mood and energy just slightly above your normal baseline levels. There are no hallucinations when microdosing and you should still feel sociable and able to complete all your normal day to day tasks. In fact, microdosing should enhance your everyday life.

Microdosing is also often consistently practiced over a longer time period vs having a larger journey that may take more time to integrate back into everyday life. With microdosing, you are integrating as you microdose throughout the week.

The main goal with microdosing is that its not intended to be a one-time / one-day experience, for microdosing to work for you, it needs to be a consistent practice with a specific protocol where you're essentially microdosing 2-4x a week, for 30 days minimum, and up to 60-90 days, with a clear intention and purpose behind it, maintaining a specific dosage amount and implementing wellness modalities and rituals that will support your practice.

So, think of it like a gradual progression to building a relationship with the medicine and learning how to navigate + process your habitual beliefs, patterns, and mental blockages over a longer period of time....which gives your nervous system the opportunity to ease into shifting your conditioned programming vs. all at once.



Microdosing Psilocybin vs. LSD: Which might be best for you?



MICRODOSING WITH MUSHROOMS:

Psilocybin, the active compound in mushrooms, converts to psilocin in the body and primarily acts on serotonin receptors (5-HT_{2A}): This enhances emotional processing, introspection, and a sense of connection, also promoting neural rewiring and emotional processing. Research suggests it helps break negative thought patterns and fosters long-term emotional well-being.

Experience:

- Mushrooms often bring a more earthy, introspective vibe.
- Users describe feeling calm, reflective, and more in tune with their emotions and surroundings.

Common outcomes:

- Enhanced emotional connection, improved stress resilience and well-being, deeper sense of presence with yourself and others, less reactive and more open to adapting to making changes.
- Primarily affect serotonin, fostering emotional depth and introspection. Grounding, calming, and ideal for emotional and spiritual growth.

Mushrooms can feel more somatic, with subtle body sensations that connect you to the present moment.

Best for those seeking emotional depth, personal growth, and a stronger sense of connection to themselves, others, or nature. Ideal for managing stress, fostering mindfulness, or processing emotions.

Recommended for introspection, spiritual practices, or creating a grounded, calming presence in daily life.



Microdosing Psilocybin vs. LSD: Which might be best for you?



MICRODOSING WITH LSD:

LSD affects both dopamine and serotonin systems, with notable activation of dopamine pathways, enhancing focus and energy. Increases neuroplasticity and boosts problem-solving capabilities.

Experience:

- LSD is often described as energizing and outward-focused. Users feel sharper, more motivated, and ready to tackle tasks or creative projects.

Common outcomes:

- Increased focus and productivity. enhanced creative thinking and innovation, better problem-solving and decision-making, improved energy and mental clarity.

Engages both serotonin and dopamine, amplifying focus, energy, and mental clarity. Energizing and suited for productivity, creative projects, or analytical thinking. LSD activates both serotonin and dopamine receptors, creating a dual effect:

- Serotonin: Enhances neuroplasticity and creative thinking.
- Dopamine: Boosts energy, focus, and motivation.

Studies show LSD microdosing improves analytical thinking and decision-making, divergent thinking for creative breakthroughs, stress reduction and mood stability. LSD feels lighter and more cerebral, with less of a physical presence.

A better fit for those looking to boost focus, productivity, and energy levels.

Perfect for tackling creative projects, solving complex problems, or achieving work-related goals and great for those who want to feel sharp, motivated, and mentally energized during their day.



What does it mean to intentionally microdose?

Intentional microdosing is the practice of using psychedelics with purpose, clarity, and direction. An intention is more than just a goal—it's a conscious commitment to bringing awareness to specific areas of your life, fostering growth, and deepening your presence.

Microdosing with intention serves as the roadmap to your experience.

When you ground yourself in a clear intention, you begin approaching not only your microdosing practice but also every aspect of life with more meaning and awareness. The medicine becomes a collaborator in this process, working with you to unlock insights, shift perspectives, and expand your capacity for presence and self-awareness.

Each microdosing day, you will set an intention—whether it's improving focus, enhancing creativity, cultivating self-compassion, or breaking through limiting beliefs. As you align your attention with your intention, you'll begin to notice a synergy between you and the medicine, allowing for a deeper, more transformative experience.

The key is not just taking a microdose, but engaging with the process, staying curious, and allowing the medicine to guide you toward what you're ready to receive.



Why are people microdosing?

It's not about escaping reality. It's about enhancing and improving it.

It's about inner transformation. Microdosing, when done right, can open new doors to how you experience and interact with the world.

This isn't a magic pill. Microdosing is about real work, real growth, and real results. It's about discovering a new version of yourself. It's about creating real change.

Psychedelics impact everyone differently. The experience is never the same twice and it's impossible to say precisely how it will benefit you.

However, with a bit of guidance and attention, you can direct intentional psychedelic use in specific ways and for your ultimate good. Below are the top reasons people are choosing a microdosing practice.

PERSONAL GROWTH & DISCOVERY:

- You may gain a new sense of self-awareness and mindfulness. This can bring powerful insights and new perspectives on stuck patterns of thought, emotion, and behavior.

REDUCE ANXIETY, STRESS, DEPRESSION, OVERWHELM:

- The most commonly reported benefits of microdosing are reductions in anxiety, stress, and depression. You may find yourself more “yourself”—happier, lighter, and more resilient, all while establishing new neural-pathways for support in releasing the same habitual responses and thought patterns.

BOOST IN OVERALL WELL-BEING & MOOD:

- Psychedelics decrease “rumination”—repetitive thought patterns that can lock you into a negative spiral, keeping you from seeing the blessings in your life and living from a place of inspired joy.

ENHANCED COGNITION & CREATIVITY:

- Microdosing enhances focus, memory, and problem-solving while fostering creative thinking in the correct settings.

IMPROVED RELATIONSHIPS & SOCIAL SKILLS:

- Enhanced empathy and communication are well-documented outcomes of psychedelics. Combined with how they reduce anxiety, it can be transformational in personal relationships and social skills. You'll feel more present with yourself and others.

GET OFF SSRI'S AND/OR HAVE A HOLISTIC ALTERNATIVE TO NEVER BEING ON THEM:

- You can taper off your medications with very minimal side effects, and you now have a holistic alternative option to choose from vs. the only pharmaceutical approach to taking medications.



The science of microdosing:

There are three main areas within the brain/body that are highly effective when microdosing.

1: Rewiring your brain and creating new neural-pathways. Psilocybin and LSD have been shown to promote neurological plasticity, which is your brain's ability to reorganize and form new neural connections. Your brain's natural response becomes less resistant to making specific changes that may currently feel out of reach or unavailable.

- This is what allows you to create new thought patterns, change years of habitual belief systems, form new healthier habits and accelerate your creativity.
- This allows you to be more present with yourself and others
- To get out of the same “stuck” and overanalyzing thought patterns that seem to feel like you're repeating the same cycles

2: Decreasing your brain's fear and anxiety responses, which is called the amygdala. Psilocybin and LSD are known for decreasing blood flow to this specific region of your brain, which allows for the slowing down and turning inward approach. Additionally, they are working directly on your serotonin 5HT2A receptors, which is another region of your brain responsible for your mood.

- You experience more presence and peace
- This allows you to slow down and pause, rather than react and respond out of what might feel like 'loss of control'
- Alleviate anxiety and depression, and elevate your mood

3: Psilocybin and LSD are known for amplifying your emotions and bringing unprocessed experiences to the surface and providing a more “open, compassionate, and empathetic” sensation. This is a good thing when you can be resourced to effectively process your emotions.

- Within a therapeutic / mentoring setting - you can confront and process challenging emotions and/or arrive in a place of acceptance from unpacking patterns you didn't even recognize were affecting you
- Releasing emotional blockages that may be self-sabotaging your current experiences
- Unlock new levels of creativity once you can free up space within your body

Microdosing psilocybin and LSD can stimulate the brain and increase creativity and productivity. It can help with focus, motivation, and problem-solving skills, which can lead to better performance at work or in other areas of life.



Benefits of microdosing:

People microdose psilocybin for a variety of needs and we've listed below the most common reasons. In general, microdosing is a tool you can use to increase your awareness, maximize your healing, and take charge of your own life, but only with the proper dose and a relevant protocol. your commitment and consistency.

Potential Mental & Cognitive Benefits

- Increases your brain's neuroplasticity and promotes neural pathways
- Decreases the Amygdala part of your brain (lowering your body's fear and anxious responses)
 - Improves concentration and focus
- Helps access and maintain the "flow state"—at work, hobby, or study
 - Increases creativity
 - Increases productivity
 - Improves analysis and problem-solving
 - Supports better decision-making ability
 - Limits the potential for procrastination
- Increases mental resilience during stressful periods or events
 - More compassionate and empathetic
- Alleviates anxiety, depression, ADHD, PTSD, and addiction symptoms

Potential Emotional & Mood-Related Benefits

- More improved and balanced mood
- Increase in presence and awareness
 - Fosters a more positive mindset
- Increases emotional awareness of the self
- Strengthens empathy and emotional connection with others
 - Fosters a present state of mind
 - More openness
 - Increases sense of belonging
 - Encourages feeling a sense of unity
- Increases connection with spirituality and/or life mission
 - Increases gratitude for life

Potential Physiological Benefits

- Improves sleep
- Allows for more physical energy
- Enhances sensory perception
- Increases likelihood of making conscious choices about health, lifestyle, well-being
 - Reduces premenstrual syndrome (PMS)
 - Can lessen or alleviate stuttering
- Can help to quit smoking, other addictions, and other disruptive habits



Risk & Harm Reduction

Although microdosing is a small dosage amount, there can be risks associated with it. Please read through the list of potential risks below.

1. Have an understanding of the contraindications / drug interactions

Scan this resource to learn what medications, supplements, and overall substances you can microdose with!



2. Education and support

- Informing yourself on the medicine/substance of choice.
- A clear understanding of why you are working with this medicine.
- Resourcing yourself with support, a coach, a guide, or a mentor.
- Understand how to measure out your dosage properly
- Microdosing can lower your magnesium and mineral levels. Make sure you are taking these supplements daily. I also recommend taking Vitamins B-12, D, C, and Fish Oil to ensure your body is nourished.

3. Legalities and responsible sourcing

- Understand what states and/or countries are decriminalized / legal / potentially grow your own
- Only purchase mushrooms from a well-trusted resource. Understand who is growing them and how they are growing them.
- Store your mushrooms in the fridge to maintain purity & freshness/ Store LSD in the cabinet



Microdosing and SSRIs

How they act + work in similar ways:

How microdosing and SSRIs act and work in similar ways, AND why microdosing may be a holistic option to replace your medication.

The first way:

Both microdosing and SSRIs influence the role that serotonin plays by sending signals in your nervous system. They both act as a serotonin enhancer. Psychedelics signal 5HT_{2A} receptors in your brain which play a similar role as serotonin. So like SSRIs, psychedelics also act on the serotonin pathways in your brain.

The second way:

Both psilocybin and SSRIs are anti-inflammatory. Microdosing is allowing your brain to neurologically soothe anti-inflammation within your nervous system (stress patterns, anxiousness, etc)

The third way:

Microdosing may work as psilocybin is increasing your body's Neuro-plasticity + Neuro-genesis.

This is your brain's ability to learn, unlearn and relearn belief patterns and conditioned habits.

Some specific reasons why microdosing is the best holistic route alternative to medications are that it has minimal side effects, supports the overall well-being of the individual, and can be used as a tool for self-exploration and personal growth. I want to share with you that microdosing psilocybin can be a supportive option for tapering off your medication.

Microdosing can gradually help to rebalance the serotonin levels in the brain and reduce the need for SSRI medications. It's also important to note that microdosing has been shown to have minimal side effects and is not habit-forming.

When you microdose, the psilocybin interacts with the serotonin receptors in your brain, leading to increased neuroplasticity and the growth of new neural connections. This can lead to improved mood, reduced anxiety, and increased creativity and productivity.

Additionally, microdosing has been shown to have anti-inflammatory effects and can enhance feelings of empathy and connectedness.



Research on Microdosing

Below are studies supporting the effective use of psilocybin and LSD in mentored and therapeutic settings. Additionally, both substances have been—and continue to be—actively researched in clinical trials for the following applications:

- depression
- alcohol use disorders
- nicotine dependence
- eating disorders
- obsessive-compulsive disorder
- cluster and migraine headaches
- anxiety related to life-threatening illnesses/symptoms
- ADHD
- PTSD

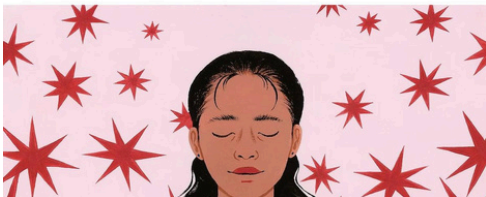
ON YOUR MIND

Some moms are microdosing mushrooms for anxiety and depression

Many women hope to treat their depression, anxiety and trauma with therapeutic psychedelic medicine

Advice by Melissa Whippo

February 8, 2023 at 6:00 a.m. EST



Article | [Open Access](#) |
[Published: 18 November 2021](#)

Adults who microdose psychedelics report health related motivations and lower levels of anxiety and depression compared to non-microdosers

[Joseph M. Rootman](#) , [Pamela Kryskow](#), ... [Zach Walsh](#)  Show authors

[Scientific Reports](#) **11**, Article number: 22479
(2021) | [Cite this article](#)

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Microdosing psychedelics shows promise for improving mindfulness in adults with ADHD

by [Eric W. Dolan](#) — November 25, 2023



OUTLOOK | 28 September 2022

The psychedelic escape from depression

Clinical trials suggest that psilocybin – the active ingredient in magic mushrooms – can provide durable remission from an increasingly common mental health condition.



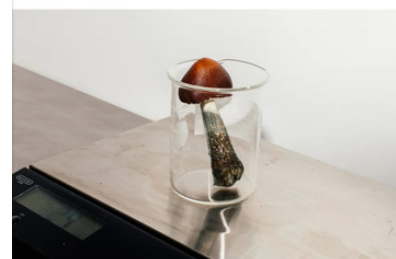
HEALTH & WELLNESS

Why Your Antidepressants Seem to Stop Working—and What to Do

Some patients may need a higher dose of the same medication, while others may need to try a new drug or a new combination of drugs



HEALTH • ADDICTION Psilocybin Could be a Therapeutic Breakthrough For Addiction



Alana Paterson—The New York Times/Redux

BY [TARA LAW](#) 



You should NOT be microdosing if you have or are experiencing any of the following:

Microdosing is not for everybody. It's important to educate yourself on these below to ensure you are not putting yourself at risk:

- Adverse medication side effects when combined with microdosing
- History of epilepsy/other seizure disorder/Bipolar
- Severe cardiovascular disease including uncontrolled blood pressure, heart failure, coronary artery disease, or previous heart attack or stroke
- You're currently deficient in vitamins (particularly in magnesium/minerals)
- Don't have access to well-sourced trusted medicine in a safe environment
- You're not committed to creating an intentional and consistent practice to seeing this journey through
- You don't have the willingness to make changes in your life
- Didn't create the space in your life/schedule for microdosing
- You utilize microdose as an addictive/reliant substance vs. treating it as a supportive modality
- Your body doesn't respond well to the mushrooms
- You didn't educate or prepare yourself



The most common microdosing mistakes:

It can be frustrating when you found trusted medicine, picked a microdosing protocol of your choice and started your process, only to then feel like it's not working for you - or wondering whether it's making you feel worse than you may have been feeling. Here are some tips on how to prevent this from being your experience:

Find trusted resources
BEFORE you begin
microdosing:

It's quite common for people to cut off a piece of mushroom or tab of LSD and randomly take it rather than properly measuring out their dosage amount, and then they wonder why it's not working for them. The truth is, you need to connect with the medicine, build a relationship with the substance if you desire to receive best outcomes. You also deserve to have trusted feedback on how + when to change your dosage and protocol to optimize best practices.

Prepare and be patient
with your process:

This might sound simple, but the number one reason people have trouble arriving in a place that microdosing isn't working for them is mainly due to not seeing things through, and giving up before you had the opportunity to experience real results. Stick with your protocol for at least 30-days and seek out support to guide you. Your mind and body deserve the best.

Reach out to a
microdosing expert + get
involved with support and
community:

This is not a journey you need to do alone, reach out for support. It's important to have a guide, coach, mentor in your corner if you desire to receive the most out of your time microdosing. Everyone has different wants and needs, having someone who sees and understands yours will make all the difference.



How to begin a self-guided Microdosing journey?

If you're new to microdosing, seeking guidance from a professional can help you get the most out of your experience. However, if you're determined to take the journey alone, following some helpful steps can make your experience more effective and fulfilling.

1: Choose your substance:

!Mushrooms or LSD

2: Measure out your dosage:

An average microdose with Mushrooms is about 50mg - 250mg (sometimes higher for those with a high tolerance, but I still recommend to start with a lower start). For LSD : 5-10 micrograms. Even if you are experienced, I recommend starting with the lowest dosage and then working your way up as needed.

3: Pick a protocol to follow:

The most common protocol discussed is the Dr. James Fadiman protocol. It recommends that you take a microdose for a day, you take two days off, and then you microdose again. This is a good place to start, if you are unsure of what to do. Another popular protocol is the Paul Stamets protocol, by mycologist Paul Stamets, which is four days on and three days off or five days on and two days off. Fadiman and Stamets did a large survey of people who tried both protocols and they seemed to be equally effective. The Microdosing Institute in the Netherlands also created a protocol that is one day on, one day off—which seems to be more effective for some people with depression.

4: Preparation - set your intentions:

Get clear on what you're desiring out of your experience. Take a few moments to journal questions such as what are you looking to receive through microdosing? What would you like to experience? Take time to come back to this to check in on your progress.

5. Check in on your mindset:

What are you bringing to the experience? Are you truly ready to make the changes microdosing may present to you? Who is my life can I reach out to for support? It's important that if you don't have a mentor / coach or a community within this space, that you find one. Be sure to reflect more on your tools, support network, and how you deal with stress. These medicines open and connect us with often old and repressed feelings, sensations and memories—is this something you are ready for?

6. Integration:

Are you applying what you're learning from the medicine throughout your days? This 90% of receiving a successful microdosing journey.



MASTER YOUR MICRODOSING MORNING:

A morning practice is one of the most valuable times of the day. This is one of the healthiest habits you can give to yourself. To create a morning practice with personal rituals for optimized microdosing outcomes, it's important to start by setting an intention for the day. This could be as simple as taking a few deep breaths and visualizing how you want to feel and what you want to accomplish.

Next, incorporate some movement into your morning routine. This could be stretching, yoga, or a quick workout. Moving your body helps to increase circulation and jumpstart your metabolism for the day.

After that, take your microdose, if that's part of your routine. Be sure to follow your prescribed dosage and administration instructions carefully.

Finally, take some time for self-care. This could be anything from journaling, to meditating, to enjoying a cup of tea. Whatever helps you feel centered and focused for the day ahead.

Overall, the key is to create a routine that supports your physical and mental well-being, while also optimizing the benefits of microdosing.

Morning practices goals:

- begin your day with 1 cup of water
- catch the sunrise if possible - allow the sun to hit your skin for circadian rhythm support
- take 3 long breaths to connect with your body
- set aside 15-30mins to go into your practice in a quiet relaxing space
- dedicated a journal to this journey
- make your cup of medicine (tea, cacao, matcha, coffee) mixed with your microdose
- light a candle, sage/palo santo, or essential oils
- ground in with some more breathing, a meditation, stillness
- journal the morning questions
- given gratitude, prayers, and connection to your cup of medicine, slowly sip and enjoy
- once your cup is finished, allow your body to sit in stillness as the medicine grounds in
- feel free to add anything else in



MICRODOSING PROTOCOLS

One of the most often questions asked when microdosing is what protocol and regimen to follow. It can be challenging to understand which protocol might be best for you.

Before choosing which protocol will be support you, I recommend the following:

- getting clear on why you are microdosing & what you desire to receive through this journey
- be anchored in knowing your intentions
- reflecting on how you believe microdosing will be a powerful modality in helping you reach your goals / intentions
- set yourself up for success through education and trusted valuable resources
- don't begin this journey unless you can commit to a consistent microdosing practice, you have created the space / time in your life to receive this experience
- source trusted microdosing medicine
- understand how to regulate and process your emotions
- learn how to find a dosage that is beneficial to your mind-body
- select a protocol that will best support your weekly schedules and routines

Although the following slides offer suggested protocols backed by research, I still encourage you to connect with a Microdosing guide / coach / mentor prior to beginning for optimal results



MICRODOSING PROTOCOLS

THE FADIMAN PROTOCOL - BEGINNER PROTOCOL (Mushroom or LSD Protocol)

James Fadiman has been researching microdosing for the last 12 years and created this first ever protocol as an entry point for those who are new to microdosing. This is one of most widely discussed protocols as it offers you a great opportunity to explore the differences between microdosing days and non-microdosing days. You will microdose every 3 days.

DAY 1: Microdosing Day One: 25mg-150mg psilocybin or 5-10 micrograms of LSD

DAY 2: "Normal Day" - this is a non-microdosing day

DAY 3: "After Glow" - the medicine is still present although it's a non-microdosing day

DAY 4: "Normal Day" - this is a non-microdosing day

DAY 5: Microdosing Day Two

Continue this cycle for 4-8 weeks. Allow your body to reset for at least 2-weeks to avoid a tolerance build up + ensure you have integrated your first journey prior to beginning another.

THE MICRODOSING INSTITUTE - EXPERIENCED PROTOCOL (Mushroom or LSD Protocol)

The Microdosing Institute created this protocol as they discovered that many people benefited more from microdosing every second day. This is more directed for medical purposes or mental health challenges such as depression, anxiety, ADHD/ADD, OCD, migraines/headaches, PTSD. You will microdose one day on, one day off.

DAY 1: Microdosing Day One: 25mg-150mg psilocybin or 5-10 micrograms of LSD

DAY 2: "Normal Day" - this is a non-microdosing day

DAY 3: Microdosing Day Two

DAY 4: "Normal Day" - this is a non-microdosing day

Continue this cycle for 4-8 weeks. Allow your body to reset for at least 2-weeks to avoid a tolerance build up + ensure you have integrated your first journey prior to beginning another.



MICRODOSING PROTOCOLS

THE STAMETS PROTOCOL - EXPERIENCED PROTOCOL (Mushroom Protocol)

Paul Stamets is the first to bring "stacking" herbs, functional mushrooms and niacin to the modern times industry. He came up with the combination of psilocybin mushrooms, Niacin and Lion's Mane for its dual capacity to create new neurons and neural pathways in the brain, and also to repair existing neurological damage. You will microdose 4 days on, 3 days off.

DAY 1-4: Microdosing Day One: 25mg-150mg psilocybin + 100mg-200mg lions mane + 50mg - 150mg niacin

DAY 5-7: "Normal Day" - this is a non-microdosing day (only consume lions mane + niacin)

DAY 8-11: Microdosing Day Two (follow day 1-4 regimen)

DAY 12-14: "Normal Day" - this is a non-microdosing day (follow day 5-7 regimen)

Continue this cycle for 4 weeks. Allow your body to reset for at least 2-weeks to avoid a tolerance build up + ensure you have integrated your first journey prior to beginning another.

THE INTUITIVE PROTOCOL - ADVANCED PROTOCOL (Mushroom or LSD Protocol)

Another way to microdose is to do it entirely intuitive. You'll want to be very intentional with why you are choosing this protocol. Perhaps you've mastered microdosing and dialed in your dosage levels - therefore, you may want to microdose for a presentation, to spend time in nature, to complete a project.

DAY 1: Use your intuition to choose what days you would like to make a microdosing day



STACKING YOUR MICRODOSE

Stacking refers to combining psilocybin with non-psychoactive substances such as medicinal mushrooms, ceremonial cacao, nootropics, herbal stacking, adaptogens, or high-quality supplements.

Stacking can be an addition to a variety of different microdosing protocols to support you with cognitive + performance enhancement, clarity, easing anxiety, creativity, focus, grounding + so much more - below are some options for you to choose from!

1

THE HEART OPENER

PSILOCYBIN + LION'S MANE + MEDICINAL CACAO

Cacao is known for opening your heart. Psilocybin is opening your mind, while also contributing to heard-based interpersonal work. This combination opens your body to experience mind-body-heart alignment.

DOSAGE:

Psilocybin: 25mg - 150mg

Lion's Mane (Host Defense): 100mg

Cacao (Ora Cacao): 100mg

2

THE EXPANDER & CREATOR

PSILOCYBIN + LION'S MANE + B-12 + FISH OIL DHA/EPA + GOLDEN MIND + CORDYCEPS + CHAGA

Expand your mind as you get into a creative and open flow. Unlock your brain's full performance potential.

DOSAGE:

Psilocybin: 25mg - 150mg

Lion's Mane (Host Defense): 100mg

Cacao (Ora Cacao): 100mg



STACKING YOUR MICRODOSE

3

NERVOUS SYSTEM REGULATOR

PSILOCYBIN + TURMERIC + REISHI + TURKEY MUSHROOM + GINGER + MAGNESIUM

If you're desiring to regulate stress, improve mood, reduce fatigue and boost immunity - add these to your practice. These will help protect your body from stress by stabilizing physiological functions. Herbal stacking with adaptogens decrease inflammation, while also having a regenerative effect in supporting with digestion. This is a stress reduction.

DOSAGE:

Psilocybin: 50mg - 150mg
Reishi + Turkey Mushroom (Host Defense): 100mg
Magnesium (Cymbiotika): 1200mg
Turmeric + Ginger: 50mg

4

THE PRODUCTIVE CEO & ENTREPRENEUR

PSILOCYBIN + NEUROHACKER QUALIA + NEUROHACKER FOCUS

Studies have shown that nootropic supplements can enhance cognitive functions such as memory, alertness, focus, willpower, creativity, flexibility, and verbal fluency.

DOSAGE:

Psilocybin: 25mg - 150mg
Qualia (NeuroHacker): 1 capsule
Focus (NeuroHacker): 1 capsule

5

THE STAMETS STACKING

PSILOCYBIN + NIACIN + LIONS MANE

Paul Stamets came up with the combination of psilocybin mushrooms, Niacin and Lion's Mane for its dual capacity to create new neurons and neural pathways in the brain, and also to repair existing neurological damage.

DOSAGE:

Psilocybin: 50mg - 150mg
Lions Mane: 100mg - 200mg (or more)
Niacin: 50-100mg (be mindful of flushing effects)



STACKING YOUR MICRODOSE

6

THE NIGHT CAP FOR UNWINDING

PSILOCYBIN + REISHI, TURKEY, CHAGA MUSHROOMS + MAGNESIUM + LEMON BALM + ASHWAGANDHA + VALERIAN ROOT

Having trouble sleeping? Give this a try. These medicinal mushrooms and herbs are supportive for relaxation and transitioning into sleep. *keep in mind that some people have trouble sleeping if they take psilocybin in the afternoon; while others have no trouble at all* I recommend a lower psilocybin dose than if you were consuming in the AM.

DOSAGE: (make as tea)

Psilocybin: 25mg-50mg

Reishi + Turkey + Chaga Mushroom (Host Defense): 100mg

Magnesium (Cymbiotika): 1200mg

Lemon + Valerian: Tincture droppers

Ashwagandha: Tincture dropper

7

THE DREAM STATE SLEEPER

PSILOCYBIN + BLUE LOTUS + BURDOCK ROOT + CBD + MELATONIN

Deepen your dreams and get the best night sleep ever with this grounding blend

DOSAGE:

Psilocybin: 25mg - 150mg

Blue Lotus & Burdock root tea (sold separately) 1 bag each

CBD - 25mg - 50mg

Melatonin - 5mg



MICRODOSING [MORNING] INTENTION SETTING QUESTIONS:

Starting your day with intention and purpose can make all the difference in achieving your goals and finding success. Take just 15 minutes each morning to set your intentions, express gratitude, and check in with your emotions. This small act can help you cultivate a mindset of positivity and productivity that will carry you through the day. Remember, each day is a new opportunity to make progress and achieve what you're here to experience.

1. Drink a glass of spring water and ground into your morning by taking three long slow breaths
2. Make your choice of morning beverage (cacao, coffee, matcha, tea) and add your medicine, grab your journal and let's tune in (this will be for Mushrooms, for LSD, you can take it without a drink)
3. As I tune into my energy and body today, how am I feeling emotionally and physically?
4. What are my intentions for today?
5. What am I looking forward to creating today and how would I like the medicine to support me in this ?
6. For today to go well, what support might I need?
7. Is there a conversation or situation I've been avoiding that I can take care of today?
8. Choose 1-3 people to reach out to today that you can acknowledge and share something meaningful to (you can tell them you love/care about them and/or pick something specific that you're noticing in them that you appreciate)
9. Take a moment to share what you're grateful for
10. Spend 1-3mins in the mirror being fully present with yourself, full eye contact
11. Take three long slow breaths to ground everything in
12. Feel free to go into some stretching, more breathwork, a walk outside in nature



MICRODOSING [EVENING] REFLECTING QUESTIONS:

Creating intentional time for evening practice and time to reflect on what you experienced throughout your day, what shifts you may have noticed, and what you're learning about yourself is a beautiful self-honoring ritual to lean into. Take 15 minutes to journal on the following questions.

Once you've finished journaling, consider other modalities that can help you ground in for the evening. This could be anything from meditation or yoga to taking a relaxing bath or reading a book. Whatever it is, make sure it supports your well-being and helps you unwind from the day.

1. Ground in by taking 3 long slow inhale and exhale breaths (in the nose, out the mouth)
2. As I reflect on my today, what did I truly enjoy about what I experienced?
3. Were there any particular moments or connections with people I really appreciated today? Share as many as you'd like.
4. How was my experience reaching out to 1-3 people? How did it feel to receive their responses?
5. How did the medicine feel for me today? Did I notice any particular sensations in my body?
6. Was there anything specific I noticed different about how I handle situations or people? Specifically, did I notice a change in my reactions or responses?
7. A situation, task, or person I handled really well today?
8. If I can give myself feedback today (on anything) , what would I share?
9. What am I looking forward to further exploring?
10. Ground everything in with three long inhales / exahles
11. Take your magnesium supplements



Integration guidance:

Integration is a way of living. Reflecting daily and evaluating the changes, lessons, and clarity you receive through microdosing and applying them to your life. Below are some daily resources you can apply to not only integrate your micro dosing insights but to nourish yourself overall.

- Journaling
- Time spent in nature - a beach walk or a hike
- Breathwork Meditation
- Mindfulness movements
- Medicine music / sound frequency
- Processing with the support of a coach, mentor, therapist
- Nervous system regulation resources for processing emotions
- Watching the sunrise/sunset
- Cooking a well-nourishing meal
- Creating an altar and praying/sitting in stillness
- A gratitude practice
- Listening to a supportive podcast
- Reading a supportive and inspirational book/article
- Getting into a flow state on a project or something exciting in your business



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