Micro-Dosing GUIDE
Introduction

When you downloaded this ebook, you took an important step towards taking the power of your health and well-being into your own hands. Thousands upon thousands of people are already microdosing with psilocybin and sharing their experiences of working with this sacred plant teacher.

You too can learn from this medicine. This guide will tell you what you need to know to get started on your journey.

Why It’s Valuable To Microdose Mushrooms

There are over 180 species of mushrooms that contain the chemicals psilocybin or psilocin growing in the world. Early archaeological evidence shows a relationship between ancient humans and magic mushrooms. In the past, they were seen as children, “little saints” or messengers of the gods, and they were used by shamans to communicate with the Divine.

During the height of the 1960’s hippie movement, the magic mushroom became a symbol of peace, love, and unified consciousness.

A new trend has emerged in the past decades to not only consume hallucinogenic mushrooms for psychedelic trips, but to take minute amounts of it for soul connection, and physiological and self-healing from within.

Most people who decide to microdose fall under two general categories:

- **Those who want to add something to their lives** *(creativity, social comfort, empathy...)*
- **Those who want to remove something they don’t like** *(i.e. addictions, PTSD, anxiety, etc...)*

But because psilocybin has been classified as a Schedule I drug, more for political reasons than the effects of the chemical, it has been difficult for researchers to design and conduct studies into the benefits of psilocybin on long-term health and well-being.
Microdosing is something that is most beneficial when done with intention. We highly recommend a journal to keep track of how much you take daily and how your mood changes. We also feel that microdosing with the support of an understanding community will make a difference in your self-healing journey.

Because there are numerous kinds of blends available, it may take time to find the dosage that is right for you and your system. Be patient and go slow. This guide will help you find the mushroom teacher that is right for you and how to microdose safely.

To acquaint yourself with mushrooms, you may want to start at the lowest dosage to get a baseline (normally .05 - .1 grams) in order to determine which dose of medicine is right for you while formulating your intentions for microdosing. Or perhaps you already have experience with mushrooms and you can work with a larger dose (possibly .15 - .2 grams). We’ve put together a quick questionnaire to help you determine where to start.

Going slow and taking the time needed to familiarize yourself with different doses or blends will minimize the chances of this valuable medicine feeling like it’s not working for you.

One reason why some people may not respond well to microdosing, especially on psilocybin, is because magic mushrooms are teachers that allow you to feel whatever it is you are actually feeling, and will open your mind to new ways of looking at these old patterns. Not all people are ready for that, especially those who have a history of using alcohol, drugs, or other external devices (TV, eating, gambling, sex, etc) as a way to escape or numb feelings they don’t want to face.

Psilocybin doesn’t let you escape life. This plant teacher allows you to experience it fully. Yes, even your so-called “shadows” come to the surface. But the beauty of this medicine is that it also helps activate areas of your brain that will help you see old problems in new ways.
How to Find the Right Dosage

Microdosing without pre-measured capsules can be tricky on your own since it's not possible to know how much psilocybin a single fresh or dried mushroom or truffle may contain. Also, depending on the species of mushroom you take, some may have more psilocybin in the cap or in the stem.

Our pre-measured capsules are mixed with our proprietary blend of psilocybin mushrooms plus other supportive organic herbs, or ingredients that boost immunity and mental clarity/focus. The main factor that will determine what dosage you should take is your intention.

Microdosing is not a recreational drug. It is a valuable medicine that allows you to feel exactly what you need to feel in order to heal from within.

In general, a microdose is one-20th to one-10th of a single “ceremonial”, or “Hero/Macro” dose. But other factors that will affect what dose is right for you are your body weight and intentions for microdosing.

If you haven't taken the online MD questionnaires yet, here is a simple test you can take to determine how much psilocybin to start with when finding your right microdose:

1. Are you taking any SSRIs or Anti-Depressants?
   - A. Yes
   - B. No
   *If you answered yes to this question, please read the section on “Microdosing if you are on SSRIs”

2. How much do you weigh?
   - A. Under 130 lbs
   - B. 130 – 180 lbs
   - C. 180+ lbs

3. Do you want to “feel the medicine” or for it to be more in the “background”?
   - A. I want a very mild experience
   - B. I want to feel it slightly
   - C. I want to really feel it

4. What is your prior experience with psychedelics?
   - A. None
   - B. A little bit
   - C. A lot

Next, tally up the value of each of your answers: A=1, B=3, C=5

How Much To Start Microdosing:
If 3 – 6: 50-100mg
If 7 – 9: 100-150mg

Remember, when you microdose, you should not feel any “tripping” effects when you take the psilocybin. It should be so subtle that it should not interfere with your daily activities.
How to Schedule Your Microdoses

There are several ways to approach scheduling your microdoses. We suggest two methods for our blends:

**Method 1**
Take one capsule daily for 5 days and 2 days off

|   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|   | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X |

**Method 2**
Take one capsule every other day

|   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|   | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X |

It’s important to have an on/off cycle, so as to not build a tolerance, while giving your mind/body a break. It’s within your autonomy to find an on/off cycle variation that is different from Method 1 or 2 above. Find what works for you.

Below are two popular schedules developed by big names in the Magic Mushroom Microdosing world, James Fadiman and Paul Stamets.
FADIMAN PROTOCOL

James Fadiman is referred to as the father of modern day microdosing. He is at the forefront of the movement and has collected thousands of anecdotal reports from people all over the world. He has been active in pushing for more scientific research into the benefits of microdosing.

His microdosing system was designed so you can do your own 30-day Microdose Self Study, which is also what he recommends to volunteers who want to contribute to his research and collection of anecdotal evidence.

Originally, the Fadiman Protocol was created to microdose with LSD, but it can also be used for psilocybin.

According to Fadiman, you take your microdose one day, and skip the next two days. Repeat this cycle for 30 days and then take a minimum of 2 weeks rest to reset your system.

Fadiman Protocol: Take a microdose every three days. (If you feel like you are on the edge of a psychedelic trip, you have taken too much. Reduce the dose on your next day.) Rest for two days and repeat for a 30-day cycle then rest for 2 weeks.

After your rest period, some people will begin another cycle of microdosing.

According to Fadiman, after 10 cycles, many people decide they no longer need to microdose on a regular basis and only take it when they feel it would be beneficial.

For the Fadiman Protocol, we recommend our Micro-Booster product.
**STAMETS STACK**

Paul Stamets is a leading expert in mycology who not only promotes the benefits of microdosing, but also strives to preserve heritage strains of mushrooms and fungi from old growth forests.

Microdosing according to the Stamets Stack method puts you on a schedule of five days on and 2 days off. Stamets recommends microdosing on a combination of psilocybin with Lion’s Mane (a non-psychedelic mushroom) and Niacin (vitamin B3).

Lion’s Mane mushroom is known to be a nootropic - it enhances cognitive function.

This microdosing schedule was designed for a 154 pound person. Leaning towards the higher doses for heavier people is probably most beneficial, but not before trying a smaller dose first.

100 – 250 mg Psilocybin / Psilocin (Psilocybe Mushroom @ 1% = .1 – .25 g)

500 – 999 mg Lion’s Mane Mushroom extract

101 – 200 mg Niacin

The protocol calls for taking this stack 5 days in a row and then 2 days off

**Stamets Stack**: Take the “stack“ for 5 days in a row and then 2 days off.

By following the Stamets Stack for microdosing, you are more likely to build a tolerance for psilocybin, however, the aim of this stack is for epigenetic neurogenesis. Stamets created this protocol primarily to repair, rebuild, and enhance creativity and cognitive function.

Our **Mental Mastery** product is perfect for the Stamets Stack.
FOLLOW YOUR INTUITION

As mentioned previously, another emerging trend with microdosing is to follow the intuitive needs of your system and microdose as it calls to you. This ideally requires you to already have a mindfulness practice which helps you keep on top of the subtle signs your body and mood give to you.

Following your intuition instead of a set schedule for microdosing allows you to only take the medicine as you need it. For example, right before a big presentation, if you know you have social anxiety.

This method may also come naturally after following either the Fadiman Protocol or Stamets Stack, when you no longer need to stick to a strict regimen of microdosing.

The *Micro Booster* and *Mental Mastery* are good choices if you want to go with your intuition.

Whichever method you use, it’s best to take your microdose in the morning on an empty stomach, ideally before 10am.

Following a scheduled regimen of microdosing allows you to become clearer on your reasons and goals for microdosing in the first place.

Just like any medicine, microdosing on Psilocybin should not become a crutch that you rely on all the time to feel normal. They are teachers that can help push you to go beyond your normal perception so that you can get back to what you need to do in life and your own power, without becoming reliant on them.

That’s why journaling and following up with the support of an understanding community is so important to align yourself with how to microdose.

Why you Shouldn’t Microdose Daily

Psilocybin stays in your system for several days so there’s really no reason to microdose every single day. Moreover, the rest days you take between microdosing allow you to integrate and re-evaluate if your objectives behind microdosing are being met.

Rest days and long periods of no microdosing at all are also important to prevent desensitizing your system. Psilocybin is not a physically addicting substance, however; with constant use, your body develops a tolerance to it, causing the user to assume a higher dose is necessary to “feel” something working. Like time in the gym, it’s necessary to give your mind/body rest.
Microdosing if you are on SSRIs

If you are currently taking antidepressant medication and/or SSRIs, we highly recommend you get guidance from a psychedelic psychotherapist. Psilocybin is known to help people wean off addictive substances like tobacco and alcohol, however since SSRIs alter your brain chemistry and psilocybin also affects your brain, some precautions should be taken.

It is best to get the advice of a psychedelic psychotherapist. There are some guidelines you should discuss with your chosen specialist if you want to use psilocybin microdosing to wean off antidepressants.

Begin microdosing on the smallest dose possible for your body weight. Our Micro Booster is ideal for this.

Wean yourself off your antidepressant medication by reducing it by 20% for 2 weeks. Keep a journal to keep track of your moods, any withdrawal symptoms, and the amount of medication and psilocybin you take.

After two weeks, reduce again by another 20% and continue this way until you are off the medication.

Along with keeping a journal, we HIGHLY recommend adding the following activities to your daily schedule to aid in the chemical recalibration you will undergo in your body/mind:

- Meditation
- Yoga (or some form of exercise. Moving the body is important)
- Having 1 or 2 people you talk to daily and share how you’re feeling
- Eat really good, clean food (processed foods are not a good choice)
- Drink lots of water and other clean liquids
- Get adequate sleep

Microdosing is a journey for all people, and it may be particularly challenging if you have been taking SSRIs. The key is to be patient, take it slow, and keep your intention clear. Self-healing looks different for everyone.

DISCLAIMER: We must take this opportunity to tell you that we are not medical professionals and we don’t claim that the above protocol for weaning off of SSRIs is medically substantiated. You must also be aware that altering your medication changes the chemicals in your brain, potentially causing you to think or feel differently. This, or any protocol for weaning off of SSRIs comes with apparent risks and should not be taken lightly. The protocol above is only a suggestive method that we’ve seen work, but again, should not be taken casually. We first and foremost suggest you consult your psychiatrist or medical professional before weaning off your medication.
Which Microdosing Blend is Right for Me

Setting a clear intention for yourself is one of the most important first steps in your microdosing journey. Depending on what your intention is we are sure one of our blends will have just the right medicine for you.

Here are the Mushroom Doctor microdosing blends you can choose from:

**Mental Mastery - “Focus and Clarity”**

The Mental Mastery blend is designed to enter states of heightened focus and ease in concentration. If your intention is to develop higher mental focus, concentration and efficiency in thought, this blend may be the support you need.

Following the research pioneered by Paul Stamets, *Lion’s Mane mushroom* (*Hericium erinaceus*) is mixed with our proprietary blend of *Mazapetec Psilocybin Mushrooms* and *Niacin* to help improve cognitive function and mental performance.

This is a specially developed natural nootropic that takes advantage of all the benefits of Lion’s Mane to keep your brain wired for memory preservation and creativity.

*Available in: 50, 100mg*

**Micro Booster - “Alignment”**

If you are sensitive to Niacin (or Vitamin B3), or have the intention of weaning off antidepressants, the Micro Booster blend is suited for you. We have combined our proprietary blend of Mazapetec Psilocybin Mushrooms with 10 organic immunity boosting fungi:

- **Lion’s Mane** is neuro-regenerative and improves cognitive function.
- **Reishi and Chaga** promote longevity and support DNA restoration.
- **Cordyceps & Tremella** are anti-aging.
- **Turkey Tail** is immune-boosting and anti-cancer.
- **Shiitake** is good for heart health and fortifying immunity.
- **Maitake** is high in Vitamin E, anti-cancer, and immunity-boosting.
- **Oysters** reduce cholesterol, inhibit tumors, and help with joint and muscle
This team of fungi will support your journey to alignment and long-term healing. The ingredients in this blend were specially chosen to be a wellness supplement and aid in your adaptation to the ever-transforming needs of your system as you go through your long-term healing process.

The supporting herbs in the Micro Booster are known in traditional healing systems from all over the world. When combined together with psilocybin, these plant medicines provide a unique and meaningful microdosing experience that changes as your needs arise.

Available in: 50, 100, 150, 200mg

Dos Heroes - “The Hero Dose”

This Ceremonial Blend was crafted for a loving ceremony to enable you to create space for deeper journeys. It is a mix of Mazapetec Psilocybin Mushrooms, which is known for facilitating more spiritual experiences, much like the sacred mushroom ceremonies of María Sabina Magdalena García called Veladas.

María Sabina’s Veladas are credited for the popularization of indigenous Mexican ritual use of Entheogenic mushrooms among westerners. Her original mycelium has been kept alive for over 80 years and is the source of our product. This means you are partnering with the grandmother of Psilocybin to change your life.

While all of our other proprietary blends are for microdosing, this is our only product that is specifically designed to provide a highly spiritual and ceremonial journey. We advise only those who are experienced with psychedelics or plant medicines to use this Hero Dose and to create a safe container for yourself when you commune with it (see Set and Setting below).

Before purchasing the Ceremonial Blend, you must be off any SSRIs or anti-depressant medication for at least 28 days prior to taking a dose. This is because the blend is high in Monoamine Oxidase Inhibitors (MAOIs) which help the absorption of psilocybin into your system but also affect the neurotransmitters serotonin, norepinephrine, and dopamine in the brain.

This blend is designed for those with clear intentions for journeying and do not have any mental-health conditions, or psychiatric or neurological disorders.

But if you are ready for a mind-expanding inner journey to discover your deeper essence and connect with the greater life-force of all reality, then the “Dos Heroes” can be your guide.

Available in: 350mg
SET AND SETTING FOR HERO DOSE

Set and Setting should be a part of any and every conversation regarding “Hero”, “Macro” or “Ceremonial” dose journeys.

**Set** refers to the mindset we enter into the experience with. If it’s negative or lacks appropriate intentions, we may find that the experience is scary and confusing since we aren’t anchored into the reason we are taking this journey. We may also find ourselves resistant to the experience which could result in a “bad trip”.

**Setting** refers to the environment we create for the 6-8 hours we set aside for this journey. Creating a space that is free from distraction is very important. The following are excellent “Set and Setting” suggestions to help you prepare for a fruitful journey.

- Prepare your space (clean/organize your area and surrounding areas)
- Set aside 6-8 hours of no interruptions (kids, pets, phone calls, house calls, etc)
- Have a meditative or peaceful playlist of music to travel with
- Have your water ready and easily accessible
- Journal beforehand - write your intentions and/or reasons for why you’re taking this journey
- Use an eye cover for deep journeying (if you wish)
- Have a trip-sitter or one person you can call if you’re having a difficult time
The Effects of Microdosing

Interestingly, while some people microdose to ease their anxiety, for others, the mushrooms amplify those feelings. This is why it’s important to microdose in conjunction with other strategies like therapy, journaling, and talking with a teacher or community.

Microdosing is sub-perceptual. You should not feel dizzy, trippy, or experience hallucinations when you microdose. If you do, lower the dosage you take next time.

The effects of microdosing are subtle. They may help put you in an overall better mood but mostly, it helps you keep an open mind to creative thinking and allows you to feel what you need to feel to get over any blockages in your life.

Many people describe the feeling as being in a flow state. You may have already felt this in your life without psychedelics. Perhaps when you ride a bike, create a piece of art, play or listen to music, or do a task where you are challenged just enough that you do not go into auto-pilot, yet you also feel like you can do no wrong. That is the flow state which microdosing may help you achieve.

However, you may also feel other effects of the plant medicine. This includes sleepiness, fatigue, or emotional sensitivity.

These are also indications that the plant teacher is doing exactly what it is meant to do. Self-healing and soul work is never all bliss and sunshine. Shadows are also important teachers. Trust that the mushrooms are only bringing up what you are ready to handle - whether your logical mind accepts it or not.

The medicine is not making you feel anything that is not already there. Modern life has conditioned us to be desensitized to our own emotions and experiences. Shrooms help bring you back to yourself. And this is how the true self-healing process begins -- not because of an external crutch, but because of a deep and meaningful exploration towards self-understanding.

MICRODOSING CONTRAINDICATIONS

Microdosing is not advisable for those who have the following conditions:

- **Colorblind**
- **Chronic anxiety**
- **Autism spectrum**
Mixing Psilocybin and other Plant Medicines (Particularly Cannabis)

What is your relationship with cannabis or other plant medicines? Are they a crutch? Are you creating a dependency on them?

People have a tendency to use cannabis to numb themselves. Instead of being present with everything they need to experience, they find ways to escape through distractions like working overtime, over exercising, chain smoking, binge eating or drinking, and even cannabis use can be abused.

On the other hand, psilocybin gives you strength - it amplifies the awareness you have of your own patterns.

Of course, there are truly valuable uses for medical marijuana, such as for cancer treatment, epilepsy, and others. But you must do the work - to be honest with yourself and your intentions for continuing any plant medicine as part of your personal healing process.

We encourage not mixing microdosing psilocybin with cannabis, especially in the beginning. Every plant teacher has a different quality. More often than not, cannabis will overpower the effects of psilocybin and it will feel as if you are only taking cannabis.

We suggest abstaining from other plant medicines to truly hone into the subtle teachings of psilocybin microdosing. This may also allow you to have a healthier relationship with cannabis so that you will be able to use both plant medicines effectively for your inner growth and journey in the future.

What to do if You Accidentally Macro-dose

If you accidentally took too much psilocybin, first of all - don't panic. Chances are you will go on a journey which will still have valuable insight for you.

You may want to remove yourself from work or social situations around people who do not know you are taking psilocybin. Rest somewhere comfortable at home or even in nature. You may want to put on headphones and play meditative music.

Some people benefit from drawing the curtains or putting on a sleeping mask for a few hours as they ride through the trip.

Just keep in mind that an accidental macro-dose is not detrimental. Everything happens for a reason and you might as well use this experience to learn from this plant teacher just like humans have been doing for thousands of years.
What to do While You Are Microdosing

Ideally, when you are microdosing you should be able to go about your day, doing your normal activities. Perhaps you’ll feel a sense of flow in your being, or enhanced perceptions. But you should definitely not feel trippy if you got your dosage right.

Journaling is one of the most recommended ways to keep track of your doses and your system’s reaction to the magic mushrooms. Paul Stamets said that one of the ways to know that the medicine is working is you’ll start to notice sounds that you didn’t realize before.

So include observations of auditory sensations in your journal when you start microdosing. This can be done at the same time and place each day to really compare the difference in your sense of hearing.

To make it a mindfulness meditation, you can even do this journaling of observations for all your other senses too.

Research

Unfortunately, the legitimacy of psilocybin has been a major hurdle in obtaining accurate research into the effectiveness of microdosing. One of the most recent studies has cleverly overcome this hurdle by recruiting volunteers who could source their own psilocybin and LSD for microdosing (or switch them out in the blind study to a placebo).

The flaw in this method was that the researchers could not control or gauge how much of the chemical their subjects were or were not taking during the study.

Yet, the anecdotal evidence is undeniable. Psilocybin is a valuable soul healing medicine.
Support for your Journey

Marlene A. (verified owner) – September 30, 2021

“ I was hesitant to try this product but was encouraged by a friend. I have had a difficult journey health wise that has affected my brain so much with brain fog, memory and concentration. I have been taking the product for two weeks and have no more brain fog, memory and concentration is better. I have also noticed my personality coming back. My joy is returning! I would highly recommend it if you are struggling!”

Karissa (verified owner) – September 18, 2021

“ This supplement has truly saved my life. I did a lot of research before trying and am so glad I did. It’s all natural and has a ton of benefits. I’ve been taking it for about a week now and my perspective on life has completely changed. I have eaten a meal while taking each time and have had no side effects. Buy this shit.”

Todd (verified owner) – August 3, 2021

“ It’s amazing to me how much one tiny little capsule could contain my mental freedom. Coupled with a better diet, more regular exercise, my thoughts have been more linear than any time I can remember in my adult life. My demeanor is more level and calm. My overall outlook on life is brighter. I can’t thank The Mushroom Doctor enough for providing such a pure product.”

Michael (verified owner) – June 18, 2021

“ Two years ago I was unhappy and emotionally propped up on VA medications. I was miserable in every sense. Fortunately, I had a friend introduce me to psilocybin which put me on a path of healing my mind. All that said, I had to go through several “less than stellar” products in order to find Mushroom Doctor. I use both their Micro Booster and Dos Heros on a regular basis. Their products are on a level that just doesn’t compare to any others I’ve tried. I’ll always be grateful to my friend who introduced me to MD! In an industry with a lot of hype and shady characters, don’t waste your time trying anything else.”

These and many other reviews on Mushroom Doctor show that microdosing is truly a medicine for self-healing that works from within.

Magic mushrooms are a gift from nature itself which our ancestors have used to communicate with the divine. And we don’t even have to go on psychedelic journeys to reap their benefits. Just a fraction of a gram a day is enough to put yourself on the path towards self-healing.

Purchase any Mushroom Doctor microdosing products and know that the power to connect with your deepest self is within you.
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