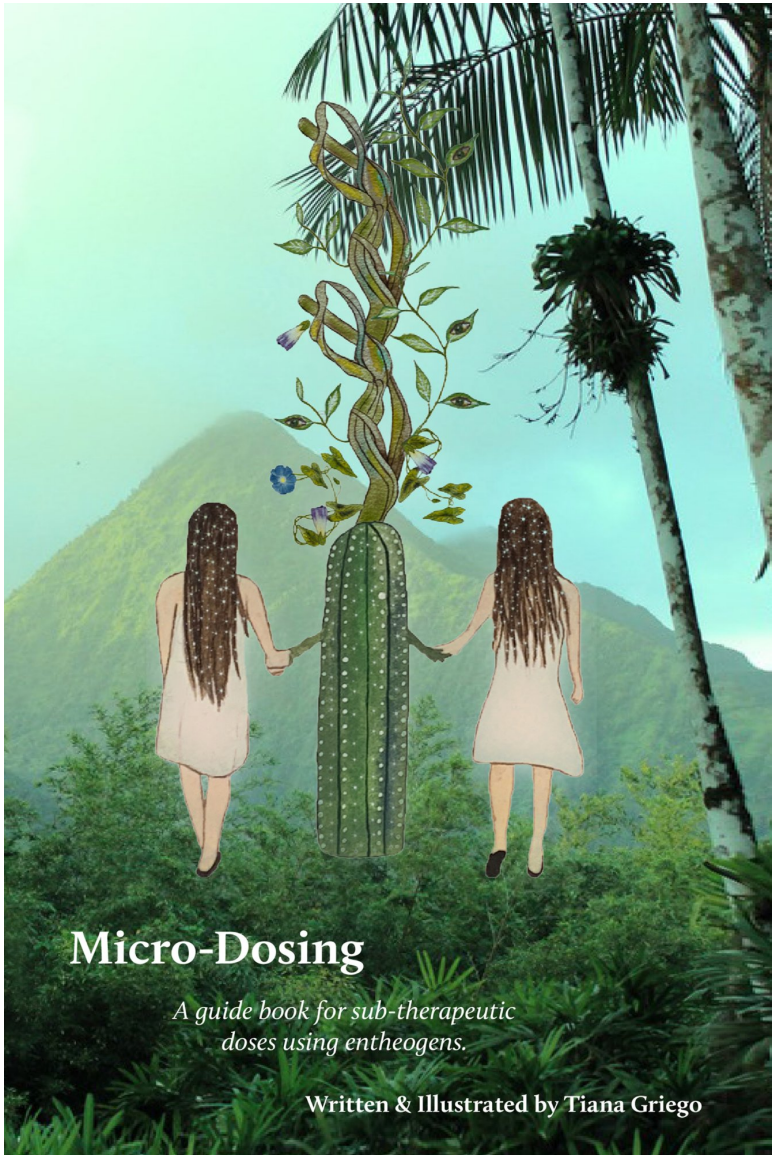


Micro-Dosing

A guide book for sub-therapeutic doses using entheogens.

Written & Illustrated by Tiana Griego



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What is Micro-Dosing?

Micro-dosing is taking a very small amount of a psycho-active substance for benefits for the mind. A micro-dose is defined as 1% of the active dose. It's a very small dose, not enough to produce a hallucination. However the more common term for micro-dosing is a small fraction of a normal dose that does not cause any intoxication.

Micro-dosing has become popular for people looking for all sorts of benefits — whether it be helping with anxiety and depression, looking to boost creativity, brain fog, healing, or just to feel better in general. Micro-dosing can have many benefits.



Possible Experiences on a Micro-Dose

❖ Positive

- Lifted mood
- Enhanced creativity
- Connection to nature
- Memories restored
- Relaxed mind
- Cognition enhancement
- Energy
- Activated brain
- The feeling of being smarter
- The feeling of meaning and purpose
- Realizations
- Deeper connection to your partner
- Being in the present moment
- Feeling like you just meditated
- Happy
- Feeling great to be alive
- Feeling your heart

- Feeling sexual
- Feeling playful
- Increased athletic performance
- Present
- Increased libido

❖ Negative

- Elevated anxiety
- Paranoid
- Scared
- Increased depression
- Sick or toxicity if mixed with SSRIs
- Nausea
- Diarrhea (both are a normal part of purging)
- Negative hallucinations
- Emotional
- Extra sensitive
- Regret
- Feeling alone or sad
- Headache (from dehydration)
- Fatigue

- Sleepiness

SSRIs and Micro-Dosing

I am not a doctor and this is not medical advice.

It is not recommended to do micro-dosing in combination with SSRIs, however many people do without any issues. I have only witnessed one person having serotonin syndrome from mixing a small micro-dose with her SSRI — but she was on a large dose of medication for many years. If you are taking a smaller dose you could use your own intuition or talk to your doctor.

Serotonin Syndrome could cause you to feel sick, anxious, agitated and restless.

If you are interested in micro-dosing as a replacement for medication which you can wean off slowly, this is possible. Please consult with your doctor for weaning off your medication.

Different Entheogens for Micro-Dosing

You can micro-dose any psychoactive substance, but in this guidebook we will discuss Psilocybin magic mushrooms, Morning Glory seeds, San Pedro cactus, and Amanita Muscaria. The reason why these are my top 4 compounds to micro-dose is because:

1. They are sustainable (not over foraged)
2. Natural compounds (not synthetic — which means there is no chance that harmful deadly chemicals could be in there)
3. They are readily available
4. Easy to get and very safe at the micro-dose level.

At the micro-dose level all these substances have very similar effects with a different personality:

Psilocybin — lasts 4–6 hours

Morning Glories — lasts 9–12 hours

San Pedro — lasts 9–12 hours

Micro-dosing is a pretty new practice. There is no evidence of it in indigenous cultures, however that's not to say that it never happened.



Morning Glories

Some Morning Glory seeds contain a compound called LSA which is very similar to LSD. Not all morning glories contain this psycho-active substance that is found in the seeds.

Heavenly Blue, Hawaiian Baby Woodrose, Wedding Bells, Blue Star, Pearly Gates and Flying Saucers all contain LSA. Heavenly Blue is the strongest and most loved in the psychedelic community.

200–500 seeds is a psychedelic dose for Heavenly Blue, and in comparison it only takes 6 seeds of the Hawaiian Baby Woodrose to have a "trip". High doses of Heavenly Blue can be described similarly to LSD. Morning Glories last 9–12 hours.

Morning Glory seeds need to be water extracted in order for our bodies to be able to absorb them without getting sick. Nausea usually happens with the large doses — thankfully with the smaller doses nausea is much more rare.



How to Extract Morning Glory Seeds

What you will need:

- Distilled water
- Lemon
- Blender & a clove of garlic

If you are using Heavenly Blue use between 50–250 seeds, and if you are using Hawaiian Baby Woodrose use 4–8 seeds.

Blend your seeds in a bullet blender until fine (be careful as seeds could damage blender) or use a pestle and mortar. Place your crushed powder into a glass of distilled water.

Place the mixture in the fridge for 4 hours and cover with foil to avoid light exposure. Remove from fridge and add crushed garlic for 30 minutes — this will help remove the components that cause nausea.

Add lemon juice to the water and stir. Strain all the plant matter through a cheesecloth and it is now ready to consume. To preserve this mixture, mix with equal parts of food grade vodka.

How to Make Morning Glory Capsules

Since at the micro-dose level nausea is very rare (but certainly can happen), it is possible to simply grind up the seeds and put them into a capsule, or mix with some other herbs to enhance the effect.

To make them stronger you may choose to mix 50/50 with Peganum Harmala. Peganum Harmala can act as a MAOI and potentiate the psychedelic effects of entheogens such as Psilocybin and San Pedro.

1–2 capsules would be a nice micro-dose you could feel.

San Pedro Cactus



San Pedro is a cactus from South America that contains mescaline. It's very similar to Peyote in that way. San Pedro is much more sustainable and grows abundantly and quickly, whereas Peyote takes several years to grow, is over-harvested and going extinct. I prefer to leave the Peyote sacrament for the Natives which it is a part of their religion. San Pedro is a beautiful and loving psychedelic which has been used traditionally by the Shamans in the Andes of Ecuador and Peru.

San Pedro can feel very similar to MDMA. Both substances can enhance feelings of empathy and social bonding. MDMA is particularly noted for its empathogenic properties, but mescaline can also support deep emotional connections and arouse you sexually.

San Pedro lasts 9–12 hours and the effects will start after 1–3 hours of ingesting.

How to Take San Pedro

If you are not in the jungle to take some fresh San Pedro (which would be cooked up into a gooey drink), you will be taking the dried powder form. A full dose for dried powder is large — about 8 tablespoons. This is a huge amount of cactus to drink and it doesn't taste that great.

Micro-dosing the cactus is great because you really can't go wrong with the doses. Every dose of San Pedro is beautiful and it would be hard to enter an anxiety or panic realm, which could often happen with the wrong dose of Psilocybin.

You can micro-dose your San Pedro by putting a 1/2–1 tbs in your tea, latte or a cup of water, or capsule some up and take a couple. San Pedro compliments other entheogens very well — I especially love to mix all three together: morning glories and mushrooms.





Amanita Muscaria



Amanita muscaria, commonly known as the fly agaric mushroom, is a distinctive species recognized by its bright red cap adorned with white spots. This mushroom has a storied history in various cultures, often depicted in folklore and traditional ceremonies. Despite its striking appearance, Amanita muscaria contains psychoactive compounds that have intrigued researchers and enthusiasts alike.

The primary active constituents of Amanita muscaria are ibotenic acid and muscimol. These compounds interact with the central nervous system, producing effects that range from mild euphoria and altered perception to profound visionary experiences. However, unlike classical psychedelics, the effects of Amanita muscaria are often described as more sedative and deliriant.

For Amanita muscaria, the objective is to harness the benefits of muscimol while minimizing potential adverse effects. This practice requires careful attention to dosage and preparation.

Preparation

Preparation of Amanita muscaria must be meticulous, as the mushroom needs to be dried and properly processed to convert ibotenic acid into muscimol, which is less toxic and more desirable for microdosing. This conversion can be achieved through a process called decarboxylation, typically involving gentle heating.

The standard microdose of Amanita muscaria ranges from 0.1 to 0.3 grams of dried mushroom. It is essential to start with the lowest possible dose to gauge individual sensitivity and response. Gradual titration upwards, under controlled conditions, is advisable to find the optimal dose that provides therapeutic benefits without noticeable intoxication.



Making Amanita Muscaria Tea



Amanita muscaria tea is a traditional preparation method that can facilitate the controlled consumption of the mushroom. Fresh Amanita muscaria should be dried thoroughly, either by air drying or using a food dehydrator. The dried mushrooms can then be stored in an airtight container away from light and moisture.

To convert ibotenic acid to muscimol, the dried mushrooms should be gently heated. This can be done by baking the mushrooms in an oven at a low temperature (around 75°C or 167°F) for approximately 30 minutes.

To brew the tea, measure the desired amount of dried, decarboxylated Amanita muscaria — typically starting with 0.1 to 0.3 grams for a microdose. Boil water and let it cool slightly to avoid degrading the active compounds. Place the mushrooms in a teapot or cup and pour the hot water over them. Allow the mushrooms to steep for 10–15 minutes. Strain the liquid to remove the mushroom solids. The tea can be consumed as is, or sweetened with honey or flavored with herbs like mint or chamomile to improve taste.

To preserve the tea, add equal parts of alcohol and store in an airtight glass jar.

Psilocybin Mushrooms





Psilocybin is a naturally occurring molecule found in over 200 species of mushrooms. Psilocybin is a tryptamine (4-phosphoryloxy-N,N-dimethyltryptamine) and is closely related to DMT (N,N-Dimethyltryptamine).

Psilocybin's use dates back to ancient times, with the earliest artifact found from 10,000 BCE in Australia. Psilocybin was first introduced to the western world by a banker named Gordon Wasson who was among one of the few westerners who partook in a ceremony with Maria Sabina. He wrote a paper called "Seeking the Magic Mushroom" — this is how they got their name "magic" and quickly got the attention of Albert Hoffman, Ram Dass, Timothy Leary, and Terence McKenna, and they became famous. The war on drugs happened and magic mushrooms got shut down. For almost 30 years legal research of psilocybin stopped.

Dr. Franz Vollenweider was the first to open the vault of studying psilocybin when he discovered psilocybin increased brain activity and had dampening effects on the default mode network. This study catalyzed research at other institutions.

Extracting Psilocybin from Mushrooms

Guided from Christopher Hobbs' "Medicinal Mushrooms: The Essential Guide"



Enigma strain

If mushrooms are dried, soak them for several hours in a little warm water, then add 100 proof vodka and blend them thoroughly with the soaking liquid until no particles are evident.

Transfer the mixture to a canning jar. After the mushroom mass settles, add enough additional alcohol to cover the mushrooms with an inch of liquid.

Wrap the jar in a heating pad overnight at about 95°F / 35°C. Turn it off during the day then turn it on for a second night. In the morning blend the mixture again.

Strain out the solids, then press out as much liquid as possible through a mesh nut bag. Pour the liquid into 2-ounce bottles. For micro-dosing, select a spray top that delivers 0.1ml with each press of the top. Store in the refrigerator.

How to Consume Psilocybin

Psilocybin can be eaten fresh or dried, from the wild or grown at home — whole fruiting body or crushed and ground up. Caps and stems both contain psilocybin but the stems carry more. How you consume depends on many factors: first the strain, the age of the mushroom (potency), and if it's fresh or dried.

Fresh mushrooms (either wild or home grown) are almost double the potency of dried mushrooms. Dried mushrooms when stored properly are the next best thing, and if you want to make your mushrooms last you can preserve them in alcohol, honey or chocolate.

1. Best if eaten fresh

2. 2nd best is eaten dried but not too old — store them at 68°F in a cool dark place. Oxygen and heat will decrease potency. (1–6 months is best but they can last up to a year; after that they will get wonky and can create weird experiences)

3. Alcohol, honey & cacao preservation will store the potency for 1–2 years but will change the molecular structure.

If you're not foraging wild mushrooms in the tropics, most likely you are getting one strain and that is Psilocybe cubensis — the easiest strain to grow at home. Cubensis has hundreds of strains which have been created and manipulated in labs, including a lot of hybrids. All are pretty much the same, and especially very similar at the micro-dose level, with a slightly different personality and strength varying.



Albino Penis Envy

There is one strain that is completely different though — and that is Penis Envy.

Penis Envy



Penis Envy

Penis Envy was created by accident in a lab from the Amazonian Psilocybe cubensis — a mushroom mutation that ended up becoming the most popular mushroom in the world. Penis Envy is often described as feeling 2–3 times stronger than all other cubensis strains and lasts much longer. It is unlike any other mushroom and is often compared to DMT and Ayahuasca. It provides more colors, more visuals and a deeper experience.

People love to micro-dose this one or add a little bit to the top of their ceremony.

Lemon Tek and MAOIs



A popular way to consume cubensis is to make a tea using lemon — this will increase the potency and is said to make the experience last longer. Simply grind up your fruiting body in a blender, mix it with hot water and lemon, and let it steep for 20 minutes. (You can add a sweetener of choice.)

MAOIs are used sometimes to increase potency. An MAOI is a Monoamine oxidase inhibitor. Certain plants when mixed together can activate certain compounds. The DMT in Ayahuasca brew, for example, is not orally active until it is mixed with a MAOI. Syrian Rue can be mixed with Mushrooms, Morning Glories, and San Pedro to enhance the effects.

The Stamets Stack

Paul Stamets (the leading man on everything mushroom) recommends 0.10g Psilocybin paired with Lion's Mane and Niacin as a micro-dose for brain and many health benefits.

- 100 to 300 milligrams of dried psilocybin mushrooms
- 500 to 1,000 milligrams of lion's mane mushroom extract from mycelium
- 100 to 200 milligrams of niacin



There have been many studies regarding this stack and it's proven to have promising results for neurogeneration and neuroplasticity.

Neurogeneration repairs damaged nerve structure resulting in better memory and more cognition. Neurodegeneration is a type of brain damage that can be caused by many different factors. Neurogeneration is promising for especially Parkinson's disease, Alzheimer's disease and Huntington's disease.

Neuroplasticity is the ability of the brain to form new connections and pathways and change how its circuits are wired.

A micro-dose can be any dosage and it depends on the effects desired. Micro-dosing can be used for so many different things that different dosages can help produce different outcomes. You will build a tolerance right away, so if you try to micro-dose the next day you will need to take more in order to feel like you did the previous day. It takes 2–14 days to reset the tolerance.

Herbs & Mushrooms to Stack with a Micro-Dose

Stacking herbs can enhance the compound and create a unique curated experience.

MAOIs

Using a MAOI such as Peganum Harmala can potentiate the compound and make it stronger and last longer.

Functional Mushrooms

Mushrooms such as Lion's Mane, Cordyceps, Reishi, Turkey Tail, and Chaga can add additional benefits of cognition, immune function, anti-aging, cellular repair and anti-cancer.

Niacin

Converts the mushrooms into energy.

Use Caution With

I would be careful adding extra serotonin boosters such as Mucuna pruriens, St. John's Wort, Ginseng, Kava and Kratom — as a micro-dose is already flooding your system with serotonin and too much could cause negative effects.

Dreamy Herbs

Mystical and dreamy herbs like Nymphaea caerulea and Calea zacatechichi can enhance a magical experience.

How Often Should I Micro-Dose?



If you want to micro-dose regularly it is recommended to take for 2 days and then take 3 days off — or take for 3 days and then take 2 days off. Any protocol will do as long as you are resetting the tolerance building.

After your first day you will already have a tolerance so you will feel them less on the next day. You may choose to increase the dosage as you go through the days. This applies to all 3 of the micro-doses we talk about here — Heavenly Blue, Psilocybin cubensis and San Pedro cactus.

Proper Storage for All Micros

All psychoactive entheogens will lose their psychoactive and magical effects over time.

1. They are best if consumed fresh from the harvest (most potent).
2. All can be dried for longevity but potency is lost once dried.
3. Can be preserved in alcohol, cacao, honey, or water extract for the Heavenly Blue.
4. If taking dried, try to take within 1–6 months — they will start to lose potency over time.
5. 1 year stored properly at 68°F, cool dark place (in a dark sealed glass jar with no light getting in).
6. Alcohol preservation will last about a year for the best results of the psychoactive effects.
7. **LIGHT, HEAT, EXTREME TEMPERATURE, TIME** will all ruin your entheogens.



Mixing and Matching



All of the entheogens we have spoken about here mix and match very well together at the micro-dose level and, as mentioned, can have similar effects as well. I personally love to mix all 3 and really love the effects when mixed.

Other compounds like Cannabis, for example, could block the medicinal and healing effects of each entheogen as cannabis is a strong psychedelic on its own and could overpower the results. Be careful when mixing with other compounds.

Dangers and Risks

A study with 1,850 reports of micro-dose experiences from 59 countries reported back that only 4% had a bad experience with micro-dosing.

The risks of micro-dosing depend on the situation, person and substance. The most well known risks of micro-dosing include:

- Increased anxiety
- Increased paranoia
- Emotional instability
- Upset stomach
- Fatigue
- Difficulties sleeping

In the study there was not a single case of psychosis.

Is Micro-Dosing Safe While Pregnant or Breastfeeding?



Always use your own intuition. Indigenous people take psychedelics while pregnant, while breastfeeding regularly, and even give their little ones small amounts when babies and small children.

Aya is often taken while pregnant and given small doses to the kids. Sananga is given to small children to enhance their colors and creativity, and many mushroom Shamans practice the same.

Many mamas advocate the safety of micro-dosing and even macro-dosing. If you don't meet any of the potential risks and you feel intuitively that it would be safe for you personally, then listen to your own guidance. Many, many mamas are doing it all over the world very safely.

Who Should Not Micro-Dose?

Macro-dosing is not recommended for those under the age of 18, those who are breastfeeding or pregnant, in combination with other medications, in combination with alcohol or other drugs, during periods of intense emotional instability, for those with a family history of psychosis, men with color blindness, or those who suffer from paranoia or tinnitus.

It's important to note that the risks and side effects listed here are for micro-dosing, not for larger doses of psychedelics. There are much more risks involved with larger doses. Taking too much or too little could cause more anxiety — that's why it's important to find your sweet spot.

The information in this book is not medical advice.

Acknowledgements



I would like to acknowledge the people who are leading the research on micro-dosing and who have studied the substances immensely. If it wasn't for the indigenous people, shamans, medicine women, mycologists, herbalists, philanthropists, scientists and researchers sharing their extensive knowledge, this information would not be available.

Maria Sabina

A Mazatec curandera (healer) and shaman from the Sierra Mazateca region of Oaxaca, Mexico. She played a crucial role in introducing the Western world to the traditional use of psilocybin mushrooms. Her work demonstrated how psychedelics could be used as powerful tools for healing and divination, providing a model for subsequent research into their therapeutic potential.

Paul Stamets

A renowned mycologist, author, and advocate for the benefits of mushrooms, both for health and the environment. He is the creator of "The Stamets Stack" with Lion's Mane mushroom, psilocybin and niacin.

Dr. Mark Plotkin

An ethnobotanist renowned for his work in the Amazon rainforest, where he has studied the traditional uses of medicinal plants by indigenous tribes.

Christopher Hobbs

A well-known herbalist, licensed acupuncturist, and author with over 30 years of experience in the field of herbal medicine.

Tim Ferriss

Entrepreneur and author who has donated substantial amounts of money to fund psychedelic research, providing financial support to leading institutions such as Johns Hopkins University and Imperial College London.

Dr. James Fadiman

Often referred to as the "father of microdosing," a psychologist and researcher studying psychedelics for decades. Author of "The Psychedelic Explorer's Guide."

Dr. Carhart-Harris

Head of the Centre for Psychedelic Research at Imperial College London. His work has helped establish the scientific basis for the therapeutic potential of psychedelics.

Dr. David Nutt

A neuropsychopharmacologist at Imperial College London and vocal advocate for the therapeutic potential of psychedelics.

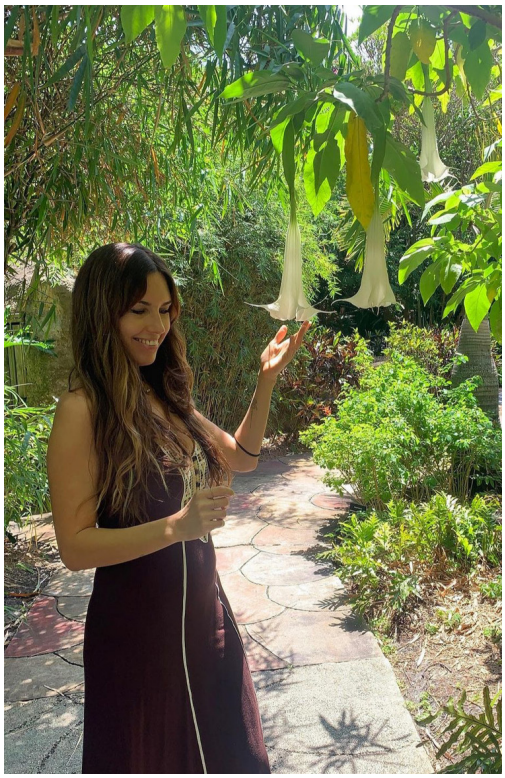
Dr. Roland Griffiths

A professor of psychiatry and behavioral sciences at Johns Hopkins University who has conducted pioneering research on the effects of psilocybin.

Resources

- Imperial College London
- Johns Hopkins University
- University of California, Berkeley
- Multidisciplinary Association for Psychedelic Studies (MAPS)

About the Author



Tiana Griego is an artist, medicine maker, herbalist, and practitioner of Hermeticism. Tiana's path led her to travel all over the world in search of healing and the evolution of her soul. Over the past decade, she has traveled and lived in over 30 countries, seeking wisdom from ancestral practices, healers, shamans, and medicine women. She has been engaged with the divination arts since her teenage years, and her initiations have taken the form of meditation, tantra, shamanism, ancestry work, plant medicine, and death.

She is the creator of Stardust Apothecary, offering a line of herbal plant potions crafted by hand in ceremonial settings on auspicious planetary days.

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Her books include *Wound Swimming: Healing with Psilocybin Ceremonies and Micro-dosing* — available on Amazon.

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