

# AN INTRODUCTORY GUIDE TO Magic Mushrooms and Microdosing sero

## Table of Contents

- Introduction
- A Brief History of Magic Mushrooms
- What Makes Magic Mushrooms Magic?
- Microdosing 101
- Intention Setting
- Integration
- Principles For Psychedelic Harm Reduction
- FAQs

## Welcome To The Transformative World of Psychedelics

We've created this guide to help support you on your microdosing journey.

Diving into the use of magic mushrooms can be a life-changing experience for many. Our intentions with this guide is to provide you with high-level education about what microdosing is and how to microdose. It covers details about what microdosing feels like and how to support yourself during and afterwards. There are some tips and tricks included so you have the potential to optimize the benefits of using psychedelics whether you're a beginner or an experienced user.

### A Brief History of Magic Mushrooms

- 10,000 BCE** • Earliest suggested records of Teonanacatl mushrooms, also known as 'flesh of the Gods', found in cave paintings in Northern Australia.
- 1920** • The Opium and Narcotic Drug Act was passed in Canada.
- 1955** • Westerners first discover magic mushrooms in a guided ceremony with the famous Mazatec curandera Maria Sabina.
- 1956** • Teonanacatl mushrooms were classified and identified as the mushrooms belonging to the genus Psilocybe.
- 1958** • Albert Hoffman discovers the active ingredient from the Central American mushroom Psilocybe Mexicana, a psychedelic compound called psilocybin, which in the body is turned into its internal metabolite, psilocin.
- 1950s-mid 1960s** • Use of mushrooms and other psychedelics booming within the psychiatric field - over 1000s of scientific papers published and six international conferences.
- 1970** • U.S. government passed the Controlled Substances Act and all psychedelic therapy research came to a halt as many substances were put under Schedule I of the Act and defined as having no medical use, being unsafe to use even under medical supervision, and as having a high potential for abuse.
- 1982** • Magic mushrooms become illegal in Canada.
- 1997** • The Opium and Narcotic Drug Act is replaced by the Controlled Drugs and Substances Act in Canada.
- 2000** • John Hopkins University research group first to obtain regulatory approval in the U.S. to initiate research with psychedelics in healthy, psychedelic-naive volunteers looking at the enduring effects of a single high dose of psilocybin under supportive conditions. It is the landmark study that started the Psychedelic Renaissance of the last two decades.
- 2018** • FDA grants Breakthrough Therapy designation for psilocybin in treatment resistant depression (TRD).
- 2019** • FDA grants Breakthrough Therapy designation for psilocybin in major depressive disorder (MDD).
- 2019-Present** • In the United States, many states have decriminalized plant medicines, with Oregon and Colorado legalizing the use of psychedelic mushrooms in a therapeutic setting.
- 2020** • Victoria, B.C. based non-profit organization TheraPsil, received the first legal medical exemptions through Section 56 for psilocybin in Canada since it became illegal.
- 2023** • Vancouver, B.C. city councils unanimous vote to decriminalize possession of small amounts of illegal substances went into effect, though mushrooms are not on the list. The City of Toronto updated a submitted request asking the federal government to go further than B.C. to decriminalize all drugs for personal use in the city and for all people, including youth.

### What Makes Mushrooms Magic?

Magic mushrooms are one of the most popular naturally occurring psychedelics and have been serving mankind for centuries.

They contain a compound called psilocybin that, when ingested, is converted into psilocin. This chemical activates serotonin receptors in your brain, triggering vivid hallucinations, a sense of euphoria, and changes in your perception of space and time.

In a nutshell, classical psychedelics like magic mushrooms cause parts of your brain to communicate that normally don't communicate. This often leads to creating new positive connections.

Psilocybin is found in at least 15 species of magic mushroom belonging to three main genera: Psilocybe, Conocybe, and Panaeolus. Of these three, the most favored is Psilocybe, which has different varieties including Psilocybe cubensis, Psilocybe semilanceata, and Psilocybe bàoistocystis.

From Psilocybe cubensis comes the Golden Teacher strain, which has become a favorite among psychonauts for its many health benefits - especially in the realm of mood support.

When higher doses are taken, the most commonly reported effects of Golden Teachers are enhanced colors, strong emotions, visual distortion, and lightness or giddiness. Their name comes from the insightful and revelatory experiences they offer that can leave a lasting impact on a person.

When used in ceremony (macro dosing) with the intention of a spiritual or shamanic experience, Golden Teachers can take users through a learning journey that unravels the mysteries of the universe.

When microdosing (100 mg to 400 mg), they offer a wide range of benefits which all map back to a gentle enlightenment. They can allow one to connect with their true spirit and with nature, creating harmony within their universe.

### What Is Microdosing?

Microdosing is the act of consuming low, sub-hallucinogenic doses of a psychedelic. The goal is to experience subtle, positive effects without the hallucinatory or disorienting aspects associated with higher doses. Individuals who have microdosed long term have reported: improved mood, increased energy, boosted creativity, improved PMS symptoms, healthier lifestyle choices, improved focus, and reduced anxiety and stress.

### What To Expect When Microdosing?

Microdosing should help shift you into the zone of "me, but on a great day." You should be able to engage in regular activities and go about your normal day.

Generally, you will begin to "feel" your microdose one hour after taking it. Some people experience increased energy or in some cases, anxiety during the first hour. This is normal and will subside. Refer to our Harm Reduction and Safety section for tips to minimize these effects.

The effects of your microdose will last between 4-6 hours. You may notice that you enjoy music more, stop to smell the roses, or more easily tap into flow states.

It is common to experience an "afterglow" the next day. Many people enjoy this as much as their dose day.

### Finding Your Dose.

Many people report landing anywhere between 100 mg to 400 mg as their ideal dose. We suggest starting with a lower dosage (i.e. 75 mg) and increasing your dose until you find your desired effect. Start low and go slow. If the immediate effect feels too much, we recommend dropping your dose slightly, and if it feels unnoticeable, you can experiment by going up. Give yourself time to explore and do not compare your dose to the next person - do what feels right for you.

Microdoses should not affect your ability to drive or perform other tasks. However, we urge you to use your best judgment when first starting out. The first step before you start microdosing is choosing your dose and schedule.

If this is your first microdose, we recommend:

- Taking it on a day without many responsibilities
- Taking it in the morning with a light meal
- Being mindful that caffeine can increase the energetic effects of microdosing

### Finding Your Schedule.

Three typical dosing schedules or 'protocols' are outlined below.

	M	T	W	T	F	S	S
Five Days on, Two Days Off	●	●	●	●	●	○	○
Two Days Per Week	●	○	○	○	○	○	○
Every Other Day	●	○	●	○	●	○	●

Microdosing schedules are highly personal, do what feels right for you. We recommend committing to your chosen schedule for at least one month.

#### On Dose Days

The effect of a microdose is subtle, yet noticeable. You should not feel "high" in any way. Following dose days, individuals have reported that music sounds better, they're more empathetic, more energetic, that they pause to think before they react, they're more aware of their surroundings (especially nature), their focus feels sharper, and they stay on task more easily.

#### On Your Non-Dose Days

Many microdosers report experiencing an "afterglow" the day immediately after a dose day. The introspective effects in particular tend to draw out into the next day. We recommend taking two days off a week to avoid building up a tolerance.

#### With Time

As you microdose, pay attention to whether your baseline is rising. Over time, many people notice broader improvements in mood, experiencing overall stronger focus and memory, feeling more inclined to live a healthy lifestyle, becoming more engaged and present. This list is very expansive and varies between individuals.

### Intention Setting.

Before entering into a microdosing (or macrodosing) experience it is important you understand why you are doing it in the first place and set an intention.

Setting mindful intentions is useful for making the most of your experience with magic mushrooms and becoming more intentionally self-aware - it can really be a game changer in improving your results.

### Integration.

Integration is a way to make sense of your psychedelic experience. You might feel different; your perspective may have shifted. These changes are often profound and long lasting.

Here are some examples of integrative practices:

- Breathwork and meditation
- Mindful movement
- Connecting with a friend or therapist
- Journaling to track your progress

### Principles of Psychedelic Harm Reduction.

Understand that it's not always smooth sailing with psychedelics. However, there are no 'bad trips', only challenging experiences that can be transformed into valuable lessons.

A little preparation goes a long way. Here are some tips to set you up for a safe journey.

**1. Trust Your Intuition:** If you don't feel like proceeding with the experience, tune into that. You know your self best.

**2. Intention:** Set a clear intention before your journey to ground yourself during the experience.

**3. Set and Setting:** Set refers to the mindset entering the trip. Be aware of your internal state and understand that psychedelics are a nonspecific amplifier of emotions. Be open to receiving whatever comes up - even if it's unexpected. Surrender to the experience and let go. Setting refers to your physical environment. Do you feel comfortable and safe in your surroundings? When tripping indoors, keep your space organized and clean. Consider music (songs without lyrics work best), snacks, water, and lighting. Set your vibe. When heading outdoors, ensure you have all the supplies you need and a friend that knows where you are.

Always remember, you are your own guide and you are in control.

**4. Anxiety:** Recognize that anxiety with psychedelics can occur. Identifying the source can lower its intensity. Observe from a non-judgemental space. Focus on your breath and find your anchor. Another strategy that often works is changing your environment.

**5. Mixing Substances:** Avoid mixing other substances with magic mushrooms as it can alter your experience. Please seek medical advice before combining psychedelics and prescription medications.

**6. Trusted Companions:** Identify trusted individuals who can offer non-judgmental support and clear communication during the experience. This could be a friend or family member, or a trip sitter/guide.

You can learn more about safe tripping practices on our website and connect with our team for more support and resources.

### FAQs

#### What Does SERO Mean?

Sero is short for serotonin, a chemical speculated to have appeared 750 million years ago that is also present in animals, plants, and fungi.

Serotonin is considered both a neurotransmitter and hormone that plays a role in the nervous system and though found in the brain and blood platelets, about 90% is found in the intestinal tract. Sometimes called the "happy chemical", biologically its functions are multifaceted and it is most commonly known for impacting mood, cognition, emotions, reward centers, learning, memory, and overall well-being.

Many of the current psychiatric drugs available for treating depression and anxiety, such as tricyclic antidepressants (TCAs) and selective serotonin reuptake inhibitors (SSRIs) like Zoloft and Prozac, work by leaving higher levels of serotonin to circulate in the body.

The group of substances we call "the classic psychedelics" (like magic mushrooms, LSD, Ayahuasca, and DMT) have a strong affinity with one particular type of serotonin receptor, called the 5-HT2A receptor.

In a nutshell, psychedelics resemble serotonin closely enough that they attach themselves to this receptor and activate it. This causes parts of your brain to communicate that normally don't communicate, which often leads to creating new positive neural connections within the mind.

#### What Is Psilocybin?

The active ingredient in magic mushrooms is a psychedelic compound called psilocybin. When ingested, psilocybin is rapidly converted into its internal metabolite, psilocin, which binds to serotonin receptors in the brain. If you take a microdose, this is what causes you to experience vivid hallucinations, a sense of interconnectedness, and changes in your perception of space and time. A microdose of 125 mg of dried magic mushrooms would have a much lower active psilocybin content and thus an incredibly micro impact.

The amount of psilocybin in your magic mushroom dosage can vary between species, but generally speaking it is typically around 0.5-2.0% of the dried weight of the mushroom. So, for our 125 mg and 250 mg capsules (or one square of Star Bar) this would translate to 0.5-3 mg of psilocybin. This is far below the therapeutic dose used in psychedelic therapy or what is considered a macrodose

#### Is psilocybin addictive?

The short answer is: no, you cannot become physiologically addicted to magic mushrooms. Even Health Canada agrees.

If taken every day, you will actually build a tolerance to the psilocybin. This means, you will not experience addictive effects at any point and there are no "come off" symptoms.

Integration between dose days or regimens is extremely important to help bring your new insights and lessons into your everyday lifestyle. Many microdosers will purposefully take a month off here and there to document changes in their perspectives as the intention of many is personal growth.

#### Can I mix the microdosing capsules?

Yes, you can. There are absolutely no issues with mixing our microdose blends. We actually designed the ingredients in our collection with this in mind.

For example, you can compound the mood boosting effects of Lite Brite with 75 mg of View Master; or alternatively taking 125 mg Lite Brite on Tuesday and 125 mg View Master on Friday. Again, you're welcome to explore different combinations to see what works best for you.

#### What do I do if I get an upset stomach taking mushrooms?

First off, rest assured that all the research clearly states that magic mushrooms are non-toxic and completely safe for your body. Magic mushrooms can upset some stomachs (this is especially true with heavier doses). This occurs during digestion and several studies show that it does not point to any concerns of safety. Really, the sensitivity is different for everyone. To support, the following is said to help:

- Drink a glass of water before ingestion
- Eat before ingestion
- Take a ginger supplement (or drink ginger tea)
- Deeply breathe through the feeling (it won't be there for long)

#### Can I mix microdosing while taking prescription medications?

Here is a list of approved drugs and supplements that can be taken while microdosing. It is upheld by Dr. Fadiman and his team. Dr. James Fadiman is one of the leading researchers in this dosing. Studies have shown that there were no negative interactions with this long list of drugs meaning if your prescription is on this list, it's good.

If you are taking SSRIs, one thing mentioned in this article, and something echoed by our community members who microdose on SSRIs, is if you do not respond to 125 mg, taking a higher dose is reported to be effective. For example, our 250 mg microdose or a square of our Star Bar (250 mg), we still could blend 125 mg dose and 75 mg dose for a total dose of 200 mg. We still recommend starting low and going slow until you find the right dose for yourself.

If you are taking stimulants (such as for ADD/ADHD symptoms), keep in mind that for some people, microdosing at the same time can make them feel overstimulated, jittery, or anxious. This doesn't mean you cannot combine the two or that there are contraindications, just to be aware of how stimulants may affect your microdosing experience.

#### Can I mix microdosing with cannabis or alcohol?

When it comes to mixing with cannabis, in terms of physiology, there is no need for concern. When it comes to the mental and psychological component, an individual's response to mixing the two is very personal. Our recommendation would be to start low and go slow. Take your first microdose on a day when you have an open schedule so you have the ability to observe how you feel while using both cannabis and mushrooms.

They're both beautiful plant medicines so our hope for you is that there's a lovely synergy for you. Make sure you're in a safe space with no responsibilities so that you can ease any stress and feel into your body.

When it comes to mixing with alcohol, generally speaking, mushrooms and alcohol do not synergize well. Alcohol is a depressant and psilocybin works with serotonin receptors, so there could be a bit of nausea, disorientation, and confusion when you combine the two. Anything you can do before a journey to have a clean, clear, open mind and heart, will lead to the best-case scenario with magic mushrooms. That being said, it is a personal choice, and there are plenty of people who drink while microdosing who experience no adverse effects. However, if you were going to go on a macro trip, that would be a different situation and we do not recommend it as alcohol can affect the hallucinogenic experience.

#### Can I mix microdosing with caffeine?

If you choose to ingest caffeine at the same time as your microdose, spacing them out is suggested precaution. Some find microdosing and caffeine can create an overwhelming feeling, while others don't find this at all. Combining the two is safe. It is a personal choice; you can always give it a go and if you feel fine, then that's great.

#### Can microdosing help with anxiety or depression?

There has been a lot of research published on the positive outcomes of treating anxiety or depression with psilocybin. Most of the research is using larger macrodoses within a therapeutic container with trained professionals. However, there are a lot of anecdotal reports of individuals microdosing with improvements and many of our community members have reported using it as a tool for such mental health challenges.

One important thing to note is that mushrooms act as a catalyst or amplifier of mental processes - whatever is going on within can be intensified. Taken on a regular schedule, it should be combined with integrative practices (such as integration, journaling, therapy, breathwork, art therapy, etc.) to help with personal development and growth. It is not a magic cure all pill, but can be a great supportive tool.

#### Can microdosing help with pain?

In terms of treating pain, early research reports that psychedelics could reorganize pain pathways in the brain alleviating somatic issues. The research is still in its infancy, but there have been published case studies and we also have had some community members use our products who reported they were able to find relief successfully. We have blends designed specifically to help decrease one's anxiety and uplift one's mood.

We know that often individuals dealing with acute or chronic physical difficulties will also be struggling with anxiety and depression, or it may impact one's ability to focus. We have capsules blended with natural ingredients to help with these types of challenges. Alongside integrative practices, microdosing could be a supportive tool to help alleviate the pain.

#### Can microdosing help with my ADD/ADHD symptoms?

There has been one scientific study published suggesting that microdosing may have therapeutic value in adults diagnosed with ADHD or experiencing severe ADHD complaints. With that in mind, we have created a blend to help promote focus and increase the duration and frequency of flow states. Our community has also mentioned how much microdosing has helped them with impulse control and hyperactivity.

In summary, the use of psilocybin-containing mushrooms is a complex practice that requires thorough consideration and responsibility. It is essential to prioritize your health, safety, and well-being and to respect the legal framework of your location. Always consult with medical professionals when in doubt, and approach this practice with the utmost caution and mindfulness.

WE ARE ALWAYS HERE TO SUPPORT YOU. IF YOU HAVE ANY QUESTIONS PLEASE REACH OUT TO US AT

CONNECT@HEYSERO.CO  
WWW.HEYSERO.CO

