

A close-up photograph of a mushroom gill, showing the intricate, ribbed texture of the gills and the central stem. The image is overlaid with a warm, orange-toned filter, creating a soft, ethereal atmosphere. The text is centered over the middle of the image.

Microdosing Micro guide

DISCLAIMER

This guide is intended for informational and personal reflection purposes only.

The content within does not constitute medical, legal, or any other form of professional advice.


The act of microdosing involves the consumption of substances which may be illegal in your jurisdiction, and which may have unpredictable physiological and psychological effects.

Before making any decisions related to microdosing, consult with a medical professional.

The author, publisher, and distributors of this journal disclaim any responsibility or liability for any adverse effects resulting directly or indirectly from the information contained within this journal or from any actions taken based on its content.

Each individual is responsible for their own choices and actions. If you choose to microdose, always do so responsibly, legally, and with a clear understanding of the potential risks involved.



A close-up photograph of a tree trunk covered in vibrant green moss. Several large, white, fuzzy, and somewhat heart-shaped fungi are growing from the moss. Small green ferns and other leafy plants are scattered around the fungi. The background is dark and out of focus.

When the power of the
mind is combined with
natural plant resources,
there is no limit to our
potential!

01-What is

MICRODOSING?

Microdosing is a practice that involves regularly consuming a very small amount of a psychedelic substance, typically 5–10% of a regular dose.

This is done with the intention of improving one's quality of life without experiencing the intense psychoactive effects associated with full doses of these substances.

A microdose is often described as a sub-perceptual dose of a psychedelic, such as LSD, psilocybin mushrooms, or mescaline. The goal is to reap therapeutic or personal growth benefits while avoiding visual distortions or hallucinations common with larger doses.

These benefits may include enhancements to your overall well-being and quality of life.

Unlike typical psychedelic effects, microdosing doesn't produce hallucinations or significant alterations in perception. The effects are more subtle, falling below the threshold of hallucinogenic perception.

For best results, following a specific dosing protocol over an extended period is advised (1 to 6 months).

The exact effects and outcomes depend on individual factors such as the person, substance, dosage, intention, expectations, and mindset.

We recommend starting with a small dose and gradually increasing it on each microdosing day until you find your "sweet spot."

A recommended starting point is between 0.1 and 0.3 grams.

02-The benefits of MICRODOSING?

Microdosing is beneficial for several reasons. Its effects are subtle yet potent, allowing you to continue with your daily activities without experiencing significant alterations.

Microdosing is great for:

- **Mental Health and Emotional Well-Being:**

It can help reduce symptoms of anxiety and depression. Unlike antidepressants, which can cause emotional numbness, microdosing does not do so, enabling you to access and release your emotions. It increases socializing and provides a greater sense of well-being, making it an appealing option for social anxiety.

- **Enhanced Relationships:**

It may help to improve interpersonal relationships by reducing social anxiety and increasing empathy, compassion, and communication skills.

- **Reduction of Addictive Behaviors:**

There is some evidence to suggest that microdosing may help reduce addictive behaviors, such as smoking, alcohol and substance abuse.

- **Increased Spirituality or Connection:**

You feel more open, present, and connected to nature, recognizing the interconnectedness of all life. You notice and attract more synchronicities, and you are more present and aware, grateful for the beauty of life. Because you feel better, you attract better! It's also a great manifestation tool!

- **Increased Awareness and Neuroplasticity:** Microdosing may help create more space between your thoughts and reactions, making it easier to facilitate a change in your automatic patterns. This increased awareness can help you release emotional baggage and reprogram limiting beliefs. It may foster neuroplasticity, the brain's ability to form and reorganize synaptic connections, essential for learning and memory.

- **Enhanced Cognitive Functions, Creativity, and Neurogenesis:** It is really helpful when you are in the process of learning or creating something new. It increases our problem-solving ability, focus, and ability to think more clearly. The practice supports your brain in creating new neurons and new neuro-pathways, promoting neurogenesis, the formation of new neurons, particularly in regions involved in memory and learning.

- **Improved Physical Performance:** Some people report that microdosing has helped them to improve their athletic performance or endurance. This may be due to the increased energy and focus, as well as the reduced perception of pain or discomfort.

- **Immune System Support:** Through this greater sense of well-being and the reduction of stress, our immune system also gets stronger.



03-When not to MICRODOSE?

When is microdosing not recommended?

- When you are younger than 18 years old
- When you are pregnant or breastfeeding
- In case of a mental or physical condition and/or illness
- If you have color blindness
- In extreme cases of situations in your life that are beyond your control (for instance: grief)
- In combination with alcohol or other drugs
- In combination with lithium carbonate
- In combination with Tramadol
- In combination with lithium carbonate
- When in the process of tapering off from antidepressants or anti-anxiety medication

If you want to start microdosing for medical purposes, don't experiment by yourself; consult your doctor or health practitioner first and seek guidance from a microdosing coach.



04-Microdosing PROTOCOL

1. Fadiman Protocol

The Fadiman Protocol (also known as the Beginners Protocol) is the most well-known microdosing protocol. It's named after Dr. James Fadiman, who created this protocol to observe the effects of microdosing by clearly distinguishing between microdosing days and non-microdosing days.

Dr. James Fadiman's protocol is an excellent basis for a first microdosing experiment. It assumes a 3-day cycle, which you follow for four to eight weeks.

How to microdose according to the Fadiman Protocol:

- DAY 1: 1st microdosing day
- DAY 2: transition day
- DAY 3: normal day
- DAY 4: 2nd microdosing day

CYCLE: Continue this cycle for four to eight weeks

RESET: Two to four weeks rest

2. Microdosing Institute Protocol (every second day)

This can increase the effectiveness of microdosing especially when microdosing for medical purposes or psychological challenges such as depression, social anxiety, ADHD/ADD, migraine, or cluster headaches.. If you want to start microdosing for medical purposes, don't experiment by yourself; consult your doctor or health practitioner first and seek guidance from a microdosing coach.

How to microdose according to the MDI Protocol:

- DAY 1: 1st microdosing day
- DAY 2: transition day
- DAY 3: 2nd microdosing day
- DAY 4: transition day

CYCLE: Continue this cycle for four to eight weeks

RESET: Two to four weeks rest

3. Stamet's Stack (Stamet's Protocol)

Paul Stamets, a world-renowned mycologist, author, and advocate for medicinal mushrooms, developed and tested a new microdosing formula; the combination of psilocybin, niacin (vitamin B3), and the medicinal mushroom Lion's Mane.

The potential benefits of Lion's Mane

- Increases memory
- Increases focus
- Increases concentration
- Anti-inflammatory
- Supports gut health
- Improves mood
- Increases energy levels
- Supports insulin sensitivity

This microdosing stacking method has a positive and lasting effect on the brain.

Stamets believes the Lion's Mane, psilocybin and niacin stacking formula should be considered, and made available, as any other vitamin for supplement, claiming that its neurogenerative effect (over several generations) has the potential to initiate 'the next quantum leap in human consciousness.'

Source: [Microdosinginstitute.com](https://microdosinginstitute.com)

05-How to Set an Intention with : MICRODOSING?

Clarify Your Desire: Before taking a microdose, reflect on what you wish to achieve or explore in your life.

We recommend to keep the same intention for a month

Phrase It Positively: Frame your intention in positive, present-tense language. 5 words

Embrace It Emotionally: Feel the intention as if it's already true, allowing it to resonate with your emotions.

Repeat and Reflect: Regularly revisit your intention, especially during your microdosing days, to reinforce your focus and alignment.

With constancy, intensity, power & repetition, thoughts manifest in your reality.

Dive deeper into your microdosing journey with the "Empowered Microdose Journal," your essential guide to mindful exploration and personal growth. This journal offers a structured approach to microdosing, combining practical guidance with reflective exercises.

Why You'll Love This Journal:

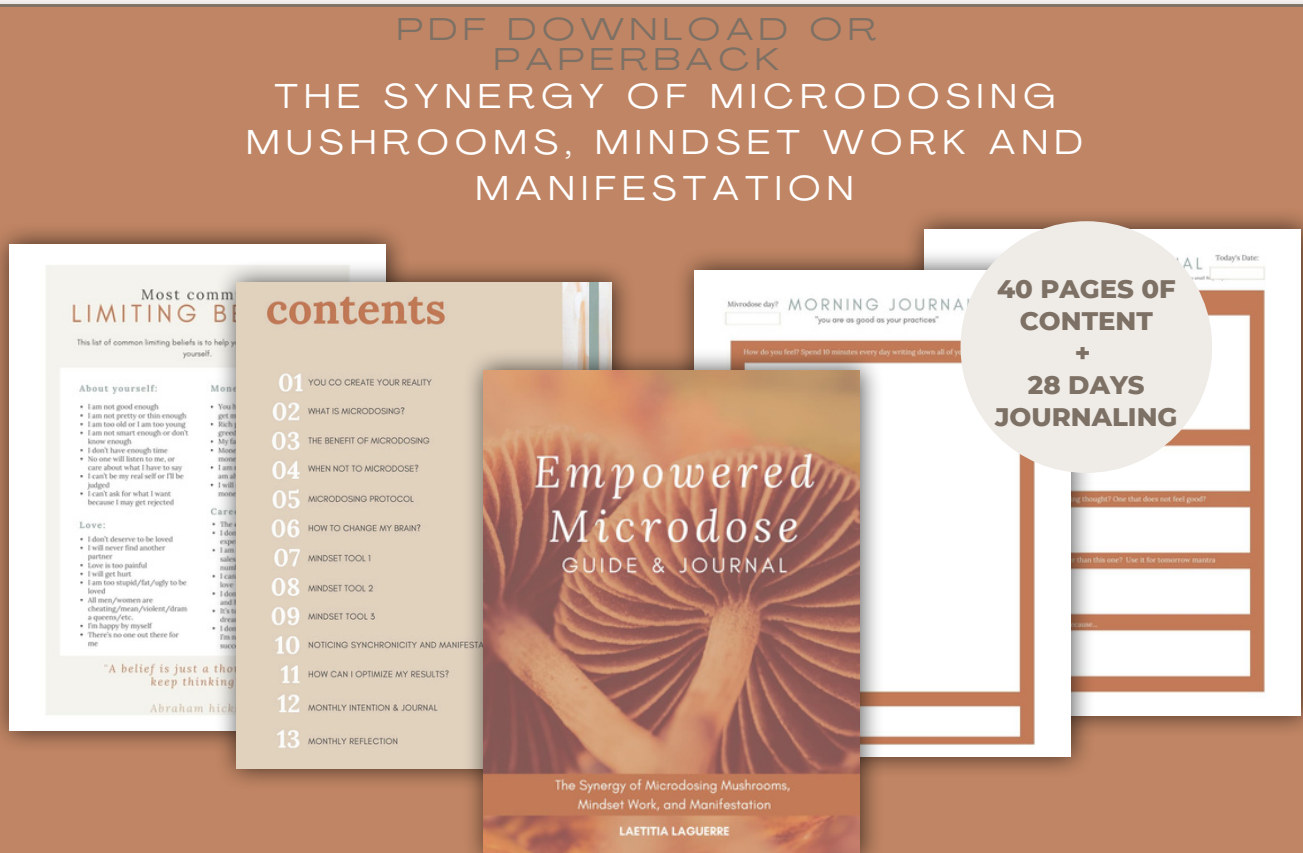
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- Integrates microdosing with mindset and manifestation techniques.
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When the power of the mind is combined with natural plant resources, there is no limit to our potential.