



NATURE'S KEY TO WELLNESS

Exploring the Benefits of Microdosing

INTRODUCTION

A uniquely intentional approach to microdosing can be found in the abundant healing power of nature.

The Microdosing Method combines organic nootropics, adaptogens, nervines, and nutrients to align with your specific wellness goals.

A Special Thanks To: Setas Seminary for their contribution to this guide.



THE SITUATION

According to the non-profit organization Mental Health America, as of 2023, more than 20% of U.S. adults — roughly 50 million people — are experiencing mental illness.

Of those, 55% are not receiving any treatment. Without proper support, some 12 million people either contemplate or attempt suicide. The situation for young people is nearly as alarming with 16% having experienced a major depressive episode in the past year and nearly 3 million suffering from severe major depressive disorder.

Although the causes of mental illness are multifactorial, social isolation appears to play a significant role in these concerning statistics. From COVID-19 lockdowns to the isolating effects of pervasive social media, the Centers for Disease Control (CDC) reports that over 34% of Americans experience oppressive loneliness—with nearly a quarter of them citing a lack of social and emotional support.

Even when individuals do have access to mental health care, our conventional medical system often relies on a “prescribe and park” approach. This phrase refers to the dramatic rise in antidepressant use since 1999, with more than 25% of patients using these medications for a decade or more.⁵ Rarely are lifestyle, social, or physiological root causes investigated while psychological and social support is often lacking. Side effects such as weight gain, headaches, irritability, insomnia, sexual dysfunction,

and gastrointestinal issues are common, not to mention diminishing medication efficacy over time. We can do better than this!

We are in the midst of a psychedelic renaissance. Psilocybin, the active compound in “magic mushrooms,” has demonstrated both a very strong safety profile and powerful therapeutic potential. This led the FDA to grant it breakthrough therapy status in 2018 and 2019 ostensibly to help accelerate drug development and review. Moreover, major academic institutions including Johns Hopkins (Center for Psychedelic and Consciousness Research), University of California, San Francisco (Translational Psychedelic Research Program), University of California, Berkeley (Center for the Science of Psychedelics), Massachusetts General (Center for the Neuroscience of Psychedelics), Mount Sinai Medical School (Center for Psychedelic Psychotherapy and Trauma Research) continue to invest significant resources into psychedelic research.

Despite the need, solid clinical evidence, and countless personal stories of profound, and durable transformation, most people who might benefit from psychedelics like psilocybin still lack access to these natural *medicines*.

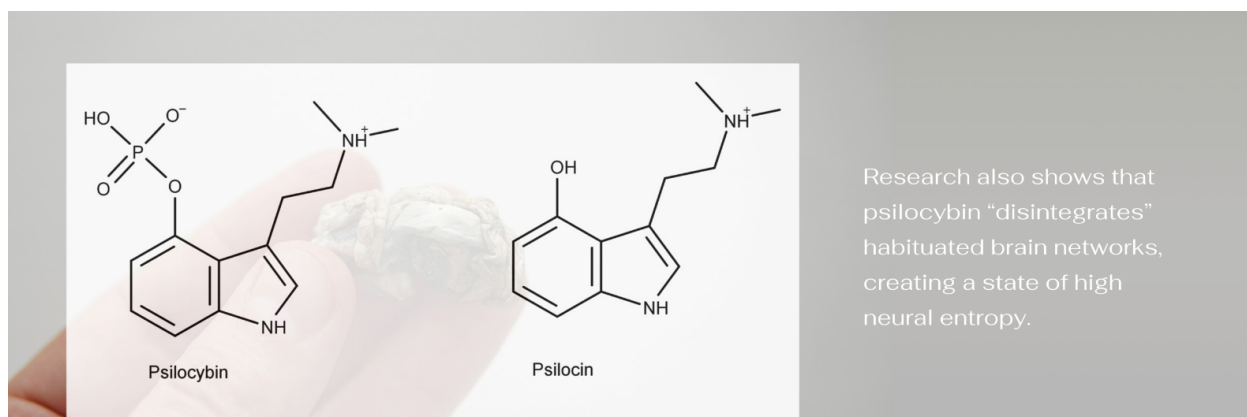
The Microdosing Method (TMM): A 5-Week Transformational Journey

Blending ancient plant wisdom with modern science to address the root of mental health challenges.

Step into clarity, purpose, and peace, leaving behind anxiety, overwhelm, and burnout. In collaboration with non-denominational churches, **Psychable** offers a safe, personalized, and spiritually-aligned experience.

This program merges cutting-edge research with ancient traditions to harmonize mind, body, soul, and spirit — all with safety and integrity.

[JOIN THE WAITLIST TODAY](#)



THE SCIENCE

Psychedelics have been used as a ceremonial sacrament by indigenous peoples for thousands of years.

These natural medicines have long been valued for their ability to open the heart and mind, fostering a connection to spirit or “source.” Psilocybin and its active metabolite psilocin, the psychedelic components of “magic mushrooms,” are considered both a psychedelic and an entheogen—a natural substance that induces non-ordinary, spiritual, or mystical states. Their chemical structures are similar to serotonin, our primary calming neurotransmitter.

Like selective serotonin reuptake inhibitors (SSRIs) such as Prozac,[®] Zoloft,[®] and Lexapro,[®] psilocybin increases serotonin levels in the brain and nervous system.^{8,9} However, unlike SSRIs, psilocybin|psilocin activates not only the 5H-HT_{1A} serotonin receptor, the primary target of SSRIs, but also the 5H-HT_{2A} receptor, which is thought to be responsible for the profound mystical states and psychological shifts associated with its use.

Beyond serotonin, psilocybin also influences dopamine, the brain’s main reward neurotransmitter, and glutamate, the primary excitatory neurotransmitter. Together, these biochemicals help regulate emotion, mood, and other neuropsychiatric processes.

Additionally, psilocybin’s strong anti-inflammatory properties influence the hypothalamic-pituitary-adrenal (HPA) axis, which helps manage stress, regulate hormones, and support immune function through the activation of microglial and astrocyte cells in the brain.

Research also shows that psilocybin “disintegrates” habituated brain networks, creating a state of high neural entropy. This restructuring allows for new thought patterns and perspectives by promoting neuronal growth and connectivity—a process known as neuroplasticity. While we experience high neuroplasticity in our youth, a vital process for learning and memory, factors such as age, trauma, poor lifestyle habits, and genetics can hinder neuroplasticity later in life. This reduced plasticity, known as dysfunctional plasticity, can trap us in negative thought patterns and habits and is linked to various neuropsychiatric and psychological challenges.

It is the psilocybin|psilocin triggered neuroplasticity which lends itself to perceptual shifts and emotional reprocessing that are currently believed to be at the foundation of its therapeutic benefits—including mitigating conditions such as anxiety, traumatic stress, depression, and addiction.



THE STIGMA

Despite its early promise as a therapeutic agent and its strong safety profile, psilocybin became stigmatized during the 1960s counterculture movement.

This ultimately led to the U.S. government classifying psilocybin as a Schedule I drug in 1970 thereby denying its clinical benefits and inaccurately suggesting the risk of addiction. Shortly thereafter, the United Nations followed suit with the 1971 Convention on Psychotropic Substances international ban on psychedelics.

These actions muted psychedelic research for decades, delaying our understanding of its mechanisms and therapeutic potential.

However, the promise of psilocybin's healing properties could not be suppressed forever. In 2004, researchers at UCLA began clinical trials using psilocybin to treat existential anxiety and depression in patients with advanced-stage cancer.

Two years later, in 2006, a landmark study by Roland Griffiths and his team at Johns Hopkins concluded that "when administered under supportive conditions, psilocybin occasioned experiences similar to spontaneously occurring mystical experiences."

This pivotal study reignited interest in psilocybin research, leading to the formation of the Center for Psychedelic and Consciousness Research at Johns Hopkins. Since then, the center has published over 200 papers, making psilocybin the most extensively studied natural psychedelic substance.

Though the stigma from the War on Drugs era persists, we are now in the midst of a psychedelic renaissance. High-quality research, compelling success stories, and vocal advocates have renewed interest in and respect for these ancient plant medicines.

Today, we are seeing a resurgence of scientific research and growing recognition from scientists, healthcare practitioners, and the general public regarding the potential for psilocybin and other entheogens to address deep-rooted psychological issues.

SAFE ACCESS

As of this writing, Oregon and Colorado are the only states that have decriminalized the use of psilocybin, but many other states and municipalities are considering similar legislation.

.Use exemptions outside of decriminalization do exist, including those for medical research and the sincere, spiritual use of entheogenic substances under the Religious Freedom Restoration Act (RFRA) of 1993.

The federal RFRA legislation permits the use of psychedelic and entheogenic substances in authentic spiritual practice. This framework supports the sacramental use of psilocybin by certain religious and spiritual communities operating with legal protections.

In addition to a wide range of holistic lifestyle practices—such as nutrition, meditation, movement, breathwork, hot and cold therapy, sleep hygiene, sunlight exposure, and healthy relational dynamics—these communities often incorporate quality-tested, whole psilocybin-containing mushrooms in a proprietary Psilocybe cubensis blend.

This blend is used in both microdosing protocols and ceremonial macrodose (2+ grams) journeys. During macrodose experiences, the ground whole mushroom blend is typically served as an adaptogenic lemon tea. Both microdosing and ceremonial experiences are supported by intention-setting and structured integration practices designed to foster focused neuroplastic changes and lasting transformation.

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THE RESEARCH

Although a comprehensive analysis of psilocybin clinical trials is beyond the scope of this eBook, an overview of relatively recent human clinical research with psilocybin is presented below.

Links to the original publications are provided for those who wish to dig more!



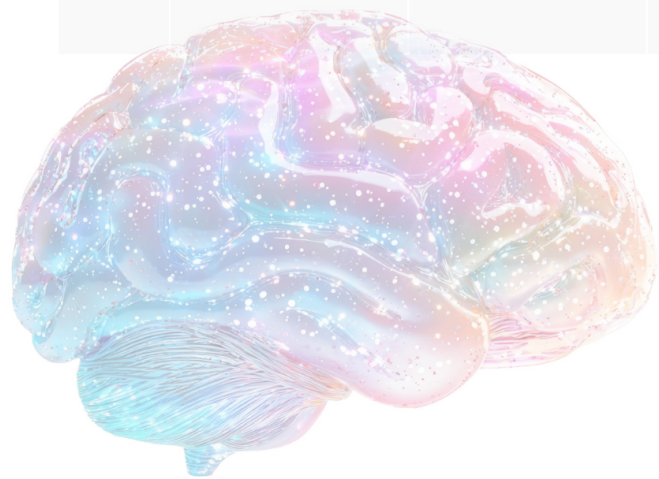
PSILOCYBIN CLINICAL RESEARCH

YEAR	ACADEMIC AFFILIATION	STUDY TYPE	FINDINGS	JOURNAL LINK
2021	Johns Hopkins	Randomized Controlled Clinical Trial (27 participants)	Psilocybin-Assisted Therapy: efficacious for major depressive disorder	JAMA >
2022	New York University	Randomized Controlled Clinical Trial (95 participants)	Psilocybin-Assisted Therapy: robust decreases in percentage of heavy drinking days	JAMA Psychiatry >
2022	Buenos Aires University	Randomized Controlled Clinical Trial (34 participants)	Psilocybin Microdosing: noticeable subjective effects (perception, cognition, creativity) and altered EEG rhythms	Translational Psychiatry >
2022	Johns Hopkins	Randomized Controlled Clinical Trial-Follow Up	Psilocybin-Assisted Therapy: antidepressant effects durable for at least 12 months	Journal of Psychopharmacology >
2023	Yale University UCSF NYU Langone	Randomized Controlled Clinical Trial (104 participants)	Single Dose Psilocybin: significant sustained reduction in depressive symptoms and functional disability	JAMA >

THE RESEARCH *(continued)*

PSILOCYBIN CLINICAL RESEARCH

YEAR	ACADEMIC AFFILIATION	STUDY TYPE	FINDINGS	JOURNAL LINK
2023	University of Toronto Columbia University	Pilot Study (12 participants)	Single Dose Psilocybin: significant improvement in body dysmorphic disorder scores	<i>Journal of Psychiatric Research</i> >
2023	University of Maryland Stanford University Emory University	Randomized Controlled Clinical Trial (233 participants)	Single Dose Psilocybin: improved depression severity, anxiety, affect, and functioning	<i>Journal of Affective Disorders</i> >
2023	University of Toronto	Review Meta-analysis (13 studies 686 par ticipants)	Psilocybin-Assisted Therapy: large positive effect on depression	<i>Psychiatry Research</i> >
2024	Harvard Medical School New York University	Scoping Review (9 studies)	Psilocybin has potential to alleviate pain due to a multitude of chronic conditions	<i>Journal of Pain Research</i> >
2024	University of Toronto	Randomized Controlled Clinical Trial (30 participants)	Psilocybin-Assisted Therapy in treatment- resistant depression: antidepressant activity with repeated doses associated with greater positive effect	<i>Clinical Advances</i> >





BOTANICALS THAT ENHANCE PSILOCYBIN

A uniquely intentional approach to microdosing can be found in the abundant healing power of nature.

As a component of [The Microdosing Method](#), we will explore the organic nootropics, adaptogens, nervines, and nutrients that can greatly support your specific microdosing goals.

The specific botanicals utilized to customize this program's microdosing experience include the following:



Ganoderma lucidum (Reishi)

Reishi mushrooms are classified as adaptogens, which help support healthy stress response, anxiety management, and a robust energy level.

This fungi also utilizes its antioxidant and immune supportive mechanisms to enhance vitality, liver function, and cardiovascular health.

How to Use: *Add to your daily routine for calm and energy balance.*



Hericium erinaceus (Lion's Mane)

Lion's Mane neuroprotective and antioxidant properties are responsible for helping to enhance cognitive function and working memory.

These mushrooms have also demonstrated the ability to help maintain balanced mood and healthy sleep quality

How to Use: *Perfect for improving focus and mental clarity.*



✓ ***Tilia europea (Linden Tree)***

Linden tree, rich in flavonoids and bioactive phytochemicals, has a calming effect which can support healthy inflammatory response, nervous system balance, and healthy sleep.

Long used to help address mood and energy imbalance, Linden tree complements the calming effect of Reishi and Lion's Mane mushrooms.

How to Use: *Great for promoting relaxation and healthy sleep.*

✓ ***Withania somnifera (Ashwagandha)***

Another calming adaptogen, Ashwaganda has been studied extensively for its ability to support cognitive function, mental endurance, memory, mood, and sleep.

A broadly immune supportive tonic, it brings a collective and congruous balance to the Harmony formulation.

How to Use: *Ideal for stress relief and mental endurance.*

✓ **L-Theanine**

This neuroprotective amino acid is able to cross the blood-brain barrier to impart its calming nootropic effect.

L-theanine has been shown to support healthy stress response, focus, balanced mood, and memory.

How to Use: *Combine with meditation for enhanced mindfulness.*



✓ **Leonurus cardiacata (Motherwort)**

Motherwort is calming and antioxidant rich which helps settle nervous energy, enhance blood flow, and support cardiovascular health.

Its primary role in the Seeker formulation is to soothe the body and mind in preparation for introspective work.

How to Use: *Use in preparation for introspective or emotional work.*

✓ **Centella asiatica (Gotu Kola)**

Gotu Kola helps optimize concentration and working memory to support the introspective journey.

Its ability to help maintain a balanced mood complements the synergistic activities of Motherwort and Holy Basil.

How to Use: *Pair with mindfulness practices to deepen focus.*

✓ **Ocimum sanctum (Holy Basil)**

This adaptogenic herb, rich in phytochemicals, serves to support resilience against both physical and psychological stress. Long utilized for whole wellness, Holy Basil balances the Seeker formulation toward a spiritually integrated calm.

How to Use: *A calming addition to balance emotional well-being.*



✓ **Inonotus obliquus (Chaga)**

Chaga is an antioxidant-rich adaptogen shown to support healthy immune and inflammatory response. Its whole body benefits include protection against free radicals thereby supporting optimal physical and cognitive function.

How to Use: *Incorporate into your routine for overall vitality.*

✓ **Cordyceps militaris (Cordyceps)**

Cordyceps has been shown to offer a broad variety of physiological benefits supportive of immune and inflammatory response, pathogen defense, liver and kidney function, brain health, and endurance.

It plays a foundational role in helping to prepare the body and mind for prolonged attention and actionable intention.

How to Use: *Ideal for days requiring sustained attention and action.*

✓ **Rhodiola rosea (Rhodiola)**

Rhodiola has been extensively studied for sustained performance and both mental and physical endurance.

It is neuroprotective and has a positive influence on serotonin/dopamine balance. Rhodiola's support of concentration, learning, and memory play a foundational role in this synergistic blend.

How to Use: *Use during periods of high mental demand.*



Zingiber officinale (Ginger)

In addition to its well known efficacy in support of digestion and metabolism, Ginger's diverse bioactive compounds offer both antioxidant and antiinflammatory properties.

It has been shown to provide both neuroprotective and broad biological system support.

How to Use: *A versatile addition to meals or teas for overall system support.*

Elevate Your Microdosing Experience

Inside The Microdosing Method, you'll discover intentional formulations that blend sacred botanicals to gently guide your healing and support your overall well-being.



CALM: Stress relief and emotional balance.

FOCUS: Cognitive enhancement and creativity.

INTROSPECTION: Deep emotional processing and self-discovery.

These organic plant medicines are designed to elevate the microdosing experience and deliver reliably tangible results.

