

# Why Are You Interested in Microdosing?

Productivity/Creativity

Help with Depression

Help with ADHD

To Quit Smoking

## **Disclaimer:**

The act of consuming psychedelics, like LSD and Magic Mushrooms, is illegal according to Western Law. I do not advocate the use of these substances. The information that follows in this book is for informative purposes only.

Also, I'm not a doctor. Talk to a medical professional before consuming any sort of drug to help with health issues (like depression or ADHD).

# Microdosing For Productivity and Creativity

I have a close friend who was recently involved in the Tech Start-Up scene in San Francisco.

In a recent conversation with this friend, he mentioned an astonishing stat:

Over 40% of C-level (corporate-level) people in San Francisco try, or have tried, microdosing with LSD.

And all of them are doing it for the same reason:

**To gain an edge in productivity and creativity on professional work projects.**

I began microdosing for the same reason – I wanted to gain a creative edge in my entrepreneurial work, and set myself apart from the pack.

Here are the main reasons why microdosing works to improve productivity and creativity:

## **1. It increases your overall physical energy –**

Although this effect isn't particular to microdosing, it goes a ways in helping an individual to work longer hours without diminishing returns.

On days I microdose, I do not need a nap and I do not need to take a break from work.

Coffee and smart drugs – like modafinil – also increase physical energy. HOWEVER, one particularly noticeable difference between microdosing and other 'smart drugs' that increase energy levels is the balance between creativity and energy.

Which brings me to my next point...

## **2. Microdosing makes it easier to access the state of 'Flow'**

Flow is a term coined by positive psychologist Mihaly Csikszentmihalyi to describe the state in which creative work becomes nearly effortless.

In colloquial English, we call it 'being in the zone.'

When on a microdose, it is much easier to ignore the tug and distraction of email and Facebook. Instead, the brain becomes entirely occupied with the task at hand, making it much easier to write, brainstorm, and execute on new ideas.

Finally...

### **3. Microdosing makes the Flow state last even longer**

According to Dr. James Fadiman, author of the Psychedelic Explorer's Guide, and a huge proponent of microdosing, many of his friends have used microdosing to write the first drafts of books.

He also reports other users who claim microdosing helps them to stay in the creative state for a longer period of time.

Most creative types can only work for 2-3 hours on a specific task before exhausting their stores for the day.

Microdosing helps to extend this time frame to upwards of 4-5 hours before becoming exhausted.

#### **Final note:**

If you want to integrate microdosing into your routine, I recommend checking out an eBook I recently published, detailing EVERYTHING about microdosing, including...

- How to obtain the substances you need
- How much to take for a microdose
- The daily and weekly schedule to follow when experimenting with microdosing

# Microdosing to Help With Depression

In a 1976 interview with High Times, Albert Hofmann, the inventor of LSD, commented on how small amounts of LSD (“perhaps 25 micrograms”) might be beneficial as an anti-depressant.

His assumption might hold some legitimate ground.

Recently, a few articles have cropped up about the efficacy of microdoses for treating depression. These articles largely stem from two sources:

- Anecdotal reports collected by Dr. Fadiman
- Stories from Internet forums, particularly Reddit

In these reports, several people microdosed as a means of alleviating depression.

In one article, published by Vice in September 2015, Dr. Fadiman mentions a report he received from an individual with Parkinsons. Although the microdosing did not assist with his Parkinson’s symptoms, it did help his underlying depression.

In the same article, a woman with depression named 'Sue' is interviewed.

Before turning to magic mushrooms, she tried the typical regimen of anti-depressants and heavy duty SSRIs. They left her numb and unable to feel any emotion.

While researching alternative options to hardcore prescriptions, Sue stumbled upon an Internet forum with information on microdosing psychedelics for depression. She reached out to Dr. Fadiman, who sent her a standardized regimen (the same regimen described above) to follow.

Sue reached out to a friend who had magic mushrooms and bought enough for a round of microdosing. On the first day, she ingested a small

teaspoon. The effects were noticeable but minor on the day of the microdose.

However on the day after, Sue felt a substantial lift in mood, including a near elimination of her obsessive negative thinking.<sup>i</sup>

One final example comes from the sub-reddit 'Psychonaut'. Two separate users reported on the efficacy of microdoses of magic mushrooms in improving depression.

One user went so far as to say, 'I still to this day believe that [magic] mushrooms saved my life.'<sup>ii</sup>

Although anecdotal research is limited (and scientific research non-existent) the reports thus far prove hopeful for the use of microdosing in helping individuals deal with depression.

There is one major downside when it comes to microdosing and depression:

Microdosing appears to be ineffective in treating depression over the long-term. Meaning, if the user stops consuming a regular regimen of microdoses, he or she will return back to pre-microdose levels of depression.

On a basis of assumption, the long-term effects of microdosing on depression may be aided by a combination of psychedelics and therapy.

If responsible users are given small amounts of psychedelics to take on a semi-regular basis and attend regular therapeutic sessions, long-term improvement is more likely.

Similar research has been carried out with MDMA and PTSD. The results have been phenomenal. In fact, an entire book *Acid Tests*, was dedicated to the benefits of MDMA in conjunction with psychotherapy in treating PTSD.

If you wish to experiment with microdosing to help with depression, you are best off following the guidelines laid out by Dr. Fadiman:

- Microdose two times per week for 10 weeks
- Take daily notes in your journal on how you feel – make sure to take notes on the day you microdose, the day after you microdose, and two days after you microdose

Also, be aware of one important fact: Although microdosing is shown to help in the short-term, it still hasn't proven to be effective in the long term.

# Microdosing to Help With ADHD

One primary focus of microdosing research should be on the efficacy of microdosing in helping with ADD and ADHD.

The current prescriptions for ADHD – Ritalin, Adderal, Vyvanse, etc. – can cause long-term physical and mental damage, especially when used on children as young as five years old.

There is a laundry list of negative side effects when consuming ADHD medications (It is important to note that many of these negative side effects have NEVER been identified in low to moderate doses of psychedelics).

Negative Side Effects:

- Depression
- Dizziness
- Headaches
- Appetite Loss
- Insomnia
- Nausea<sup>iii</sup>

Studies have also shown that Ritalin might have a negative impact on the healthy development of the brain in children and teenagers.<sup>iv</sup>

As anyone who has taken ADHD medication will tell you, these medications are extremely addicting – from both a physical and psychological standpoint. The FDA has corroborated these claims by warning about the risk of drug abuse with amphetamine stimulants.<sup>v</sup>

University students often become dependent on Adderall to study and to take exams. Some students even take Adderall as a way to wake up in the morning and carry out their basic daily functions.

This is due to two main reasons:

1. Many students who abuse Adderall have become psychologically dependent on the substance. They believe they aren't as 'smart' or 'focused' without using Adderall.
2. This belief persists because of the 'Adderall Crash,' which causes serious withdrawal symptoms when individuals try to stop taking ADHD medications.

"The theory is people with ADHD have a brain that's a little bit thirsty for dopamine," says F. Allen Walker, MD, a psychiatrist who runs his own clinic specializing in ADHD in Louisville, Kentucky.<sup>vi</sup>

By taking these medications, dopamine and norepinephrine levels get a boost in the brain. When external substances actively boost these compounds, the brain forms a physical and psychological dependency on ADHD medications.

If an individual wants to stop taking Adderall, he or she must deal with a laundry list of withdrawal symptoms.<sup>vii</sup>

- Powerful craving for more. You might be unable feel normal without it.
- Sleep disturbances. Some people alternate between insomnia and sleeping too much.
- Intense hunger
- Anxiety and irritability
- Panic attacks
- Lack of energy, fatigue
- Inability to feel happy
- Depression
- Phobias or panic attacks
- Suicidal thoughts

None of these withdrawal symptoms, according to a 2009 study review, can be treated with an effective medication.<sup>viii</sup>

This is why many long-time users of ADHD medication find it impossible to stop taking them, when they desire.



And, to think, we are legally feeding this substance to children as young as five years old.

Compare the above list of symptoms to microdoses of psychedelics. Substances like LSD and Magic Mushrooms do not cause any sort of physical dependency or addiction. Additionally, if you microdose for 10-12 weeks straight, and decide to stop, you will suffer from zero withdrawal symptoms.

Yet, you still get ALL of the benefit – PLUS some. Taking microdoses induces similar benefits – focus, energy, creative flow - without any of the drawbacks.

In discussions with renowned ethnobotanist Terence McKenna, Albert Hoffman, the inventor of LSD, stated his belief in the power of microdosing to help with ADHD.<sup>ix</sup>

Microdosing inspires a similar level of focus and energy as ADHD medications, but without the nasty side effects. Ask anyone who has taken Adderall, Ritalin, or other ADHD medications about the efficacy of these drugs in helping with creative pursuits and most responses will be the same: ADHD medication works well for rote, repetitive work but not creative, think-outside-the-box tasks. Users describe this as having 'tunnel vision'.

I liken the effect of Ritalin and Adderall to jet fuel - it accelerates the mind to record levels but, to change course and remain flexible in one's thinking is nigh impossible.

Microdoses bring on an overall amplifying affect without the acceleration. It becomes much easier to think creatively without the additional burden of 'I need to get as much shit done as fast as possible.'

In reports I've collected from friends and acquaintances, they often compare the effects of microdosing to their previous experience with ADHD medications. They find microdosing to be much 'softer', allowing additional room for the creative thought process.

Fadiman provides further reasoning as to why we should be cautious of ADHD medication like Adderal:

"As a general hint, if it says, 'Do not miss a dose, and do not try to stop this medication without medical help,' you know that you have a drug which is hard to get off of. It's a very tricky area, because the pharmaceutical industry seems to not worry about this problem. In fact, there's a term in the medical literature when you're trying to get off of one of these substances. It isn't called 'withdrawals,' as it is for illegal drugs; it's called 'tapering.'"<sup>x</sup>

His quote is supported by the overwhelming list of withdrawal symptoms.

If you wish to experiment with microdosing to help with ADHD, you have a couple options:

1. First, wean yourself off of your current ADHD medications. One way to possibly do this is to use microdosing as an aid with your withdrawal symptoms.
2. Once you have completely weaned yourself off the ADHD medication, experiment with a 10-week cycle of microdosing as outlined by Dr. Fadiman

## Microdosing To Quit Smoking

Psychedelic substances may help with smoking cessation, according to a study carried out by Johns Hopkins University. Although this study was done with full doses of psychedelics, rather than microdoses, it still creates room for the possibility of microdosing to help with quitting.

In the study carried out by Johns Hopkins, 12 of 15 recidivist smokers managed to stop smoking for six months after three psychedelic sessions. This represented an 80% success rate—unheard of in the notoriously difficult treatment of tobacco addiction.<sup>xi</sup>

To further validate claims of psychedelics assisting with smoking cessation, more extensive research is necessary. Although it is possible to draw conclusions from one experiment, the sample size was limited.

To date, there have been no ‘official’ experiments on the efficacy of microdosing in helping individuals quit smoking.

However, different people have carried out various personal experiments to test the effectiveness of microdosing.

In a podcast about breaking bad habits on the Tink Tink Club, one of the hosts discussed how he microdosed on consecutive days with magic mushrooms to quit smoking.<sup>xii</sup>

He consumed .4 g of magic mushrooms, every day, for 10 consecutive days.

- The first 3 days he microdosed, he smoked 2 or 3 cigarettes.
- On the fourth day of microdosing, he had no urge to smoke a cigarette.
- After nixing the urge, he microdosed for 6 more days (7 days total without smoking a cigarette).

After microdosing for a total of 10 days, he eliminated the urge to continue smoking.

Why did the microdosing assist him in quitting?

He emphasized a few important points for those who may consider microdosing to help with smoking cessation:

1. By consuming a psychedelic, his urge to eliminate a nasty habit became too present to ignore. Psychedelics will often encourage individuals to be the best person they can be. Any glaring, nasty habits become very clear when on psychedelics due to a clearing of irrational rationalizations for poor habits. This mental behavior likely results from the psychedelics effect on the ego.
2. You have to WANT to quit smoking for psilocybin to be effective. It does not work as a 'magic pill'. Microdosing helps put one in the correct mindset because psychedelics initiate a desire to be healthier.
3. Your urge to smoke will not completely dissipate upon consuming a microdose. You will still need to use a small amount of willpower to overcome your urge to smoke. Microdosing helps to mitigate the desire for short-term gratification versus long-term consequences. It does not act as a panacea to all impulses and urges.

There is also one report on Vice about a user who quit smoking with the help of LSD.<sup>xiii</sup>

He had smoked cigarettes for 18 years – on and off – but had never managed to quit for more than 1 week at a time.

After taking a moderate dose of LSD, he felt a flip switch inside him. He came to the realization of the ridiculousness of smoking and made a mental commitment to stop.

Although his body still craved nicotine, he had no mental urge to continue smoking.

Quitting nasty habits like smoking is a common urge after an effective psychedelic trip. Psychedelic users report similar feelings when it comes to their use of alcohol.

If you wish to use microdosing to quit smoking, you could follow the protocol laid out above:

1. Microdose every day for 10-14 days. For the first few days, wean yourself off cigarettes.
2. On the 4<sup>th</sup>, 5<sup>th</sup>, or 6<sup>th</sup> day, try quitting cigarettes completely.
3. Continue to microdose for 4-6 days after quitting cigarettes.

## About Author

Tom Williams is the founder of the website and community [The Third Wave](#).

His mission is to inform and educate individuals on the power of psychedelics for transformative change – both within individuals and communities of people.

To stay up to date on how you can use psychedelics to improve your life, and the lives of those around you, join the Facebook community [“Psychedelics for Personal Growth.”](#)

You can also like them on [Facebook](#) and get on their email list for news and updates.

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