



Intro to Microdosing

Psilocybin & San Pedro

A grounded, honest starting place for working with two plant teachers: the science, the safety, sourcing, and the shape of a thoughtful practice.

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WELCOME

Small doses, deep listening

Hi, I'm Jess. If you're here, some part of you is curious about working with plant medicine in a quieter, everyday way. This guide is a starting place: honest about what we know, honest about what we don't, and focused on keeping you safe while you explore.

✦ What microdosing is (and isn't)

Microdosing means taking a small enough amount of a psychedelic medicine that you don't feel "high." You go about your day, and many people notice subtle shifts in mood, presence, creativity, or how they relate to their own patterns. It isn't a journey, a shortcut, or a replacement for care. Think of it less like a lightning bolt and more like tending a garden.

✦ Meet the two plant teachers

	PSILOCYBIN	SAN PEDRO / HUACHUMA
Comes from	<i>Psilocybe</i> mushrooms and other psilocybin-containing fungi	Huachuma cactus (<i>Echinopsis</i> / <i>Trichocereus pachanoi</i>), native to the Andes
Key compound	Psilocybin, which the body converts to psilocin	Mescaline
Family	Tryptamine	Phenethylamine
How it works	Mainly through serotonin 5-HT2A receptors	Mainly through serotonin 5-HT2A receptors
Character	Clear, curious, introspective; often described as exploratory	Warm, grounding, heart-opening; often described as gentle and embodied
Arc of the day	Shorter-acting; a microdose tends to settle within part of the day	A long, slow arc that can linger most of the day, so mornings are common





SINCE YOU MIGHT BE WONDERING

A note on LSD

LSD comes up a lot in microdosing conversations, and much of the early placebo-controlled microdosing research actually used it. So it's worth naming honestly. I don't source, recommend, or guide LSD use. My work stays with plant medicines within Colorado's legal framework. Here's how it compares to psilocybin, so you can understand the differences:

	PSILOCYBIN	LSD
Comes from	A mushroom; a whole natural medicine	A semi-synthetic compound first made in a lab in 1938, derived from ergot
Arc of the day	Shorter; tends to settle within part of the day	Much longer; can carry into the evening and affect sleep
Precision	Varies by batch, but can be weighed and blended	Measured in micrograms; what's on a tab is often unknown
Substitution risk	Low from a trusted source	Real: dangerous look-alike compounds (like NBOMes) are sold as LSD
Legal status in Colorado	Decriminalized for adults 21+ under the Natural Medicine Health Act	Not included in the NMHA; illegal under state and federal law

If you're already using it

- Test every batch with a reagent kit; DanceSafe.org explains how.
- The same contraindications apply, including lithium, tramadol, and MAOIs.
- Tell your providers. You won't be judged here.

Good to know

- LSD and psilocybin share tolerance, so don't switch back and forth expecting a fresh start.
- Some people find LSD more stimulating, which can be hard on anxiety or sleep.

ROOTS & REASONS

Honoring where these medicines come from

Huachuma has been in relationship with Andean peoples for at least 3,000 years. It appears carved in stone at Chavín de Huántar in Peru and is still held in ceremony by curanderos today. Psilocybin mushrooms carry deep lineages of their own, including the Mazatec healing tradition of Oaxaca, Mexico.

Working with these medicines in a modern, everyday way doesn't erase that history. I ask the people I work with to practice reciprocity: learn the stories, source ethically, give back where you can, and come to the medicine with respect rather than extraction.

✦ Why people microdose

These are things people commonly report. Everyone's experience is different, and none of them are promises.

Body & mind

- Steadier mood and less reactivity
- Softer edges on anxiety or overwhelm
- More focus and flow
- Loosening old habits and patterns
- Feeling more at home in the body

Heart & spirit

- Creativity and fresh perspective
- Clearer access to intuition
- Deeper connection to nature
- More self-compassion
- A renewed sense of meaning

A note on the science

Microdosing research is young. Many people report meaningful benefits, and some controlled studies have found that expectation plays a big role; people often feel better whether they took the medicine or a placebo. That doesn't make your experience less real. It means intention, attention, and support matter as much as the medicine itself.



SAFETY FIRST

Before you begin: who should pause

This is a snapshot. For the full picture, see my *Plant Medicine Contraindications & Considerations* guide, and always talk with your prescriber about your specific medications.

CONSIDERATION	PSILOCYBIN	SAN PEDRO
Personal or family history of psychosis, schizophrenia, or bipolar I	Avoid	Avoid
Lithium	Avoid Linked to seizures	Avoid
Tramadol	Avoid Seizure & serotonin risk	Avoid
MAOIs, including Syrian rue	Avoid Can intensify unpredictably	Avoid Blood pressure concerns
Heart conditions or high blood pressure	Caution	Caution Raises heart rate & BP more
Pregnancy or breastfeeding	Avoid	Avoid
SSRIs / SNRIs	Discuss May blunt effects	Discuss
Seizure disorders	Caution	Caution
Sensitive stomach	Note Usually mild	Note Nausea is common

About antidepressants

SSRIs and SNRIs are mostly an *efficacy* concern, not a firm no: they can mute the effects. Please never stop or taper a medication without your prescriber.

Check your medications

spiritpharmacist.com: Ben Malcolm, psychedelic pharmacist, offers consults.

SOURCING

Where your medicine comes from matters

Potency, purity, and ethics all start at the source. A thoughtful practice begins long before your first dose.

WHAT TO LOOK FOR



A source you can trust

Look for clear species identification, consistent quality, transparency about how the medicine is grown, and a grower who answers questions. Not sure where to start? Bring your sourcing questions to a consult.

Psilocybin notes

- Wild foraging takes expert identification. Some look-alike mushrooms are deadly.
- Potency varies by species, batch, and even mushroom to mushroom.
- Grinding and blending a whole batch helps keep things consistent.

San Pedro notes

- Choose cultivated over wild-harvested to protect native populations.
- Confirm the species; many columnar cacti look alike.
- Skip nursery or ornamental cacti, which may be treated with pesticides.
- Potency varies widely, which is why I don't share measured amounts publicly.

Know your local laws

Laws vary by state and change often. In Colorado, the Natural Medicine Health Act decriminalized personal possession and use of certain natural medicines for adults 21 and older. Check the current rules where you live before you begin.



DOSING PHILOSOPHY

Finding your rhythm

You won't find dose amounts in this guide, and that's on purpose. The right amount depends on your body, your medications, your sensitivity, and the specific medicine and batch in front of you. That deserves a real conversation, not a chart on the internet.

✦ Three common protocols

STRUCTURED START

Fadiman

One dosing day, then two days off. The days between give you room to notice what lingers and what shifts.

MORE FREQUENT

Stamets

Four days on, three days off. Often paired with lion's mane and niacin, an approach called stacking.

ONCE YOU KNOW YOURSELF

Intuitive

Dosing when it feels supportive, guided by tracking and check-ins rather than a fixed calendar.

✦ Gentle principles

Start low, go slow

Begin below what you think you need. You can always adjust; you can't un-take a dose.

Build in breaks

Regular pauses of a few weeks reset tolerance and show you what has changed without the medicine.

San Pedro likes mornings

Its long arc means earlier in the day tends to protect your sleep.

Track everything

Patterns often show up in hindsight that you can't see day to day.

Please skip the dose calculators

Online calculators and weight-based conversions, especially for San Pedro powder, can't account for how much potency varies. If you want a measured plan, let's build it together in a consult.



PREPARATION

Set, setting & a little ritual

SET

Your inner landscape

Sleep, mood, stress, and whatever you're carrying all shape your experience. A quick check-in on dosing mornings tells you a lot.

SETTING

Your outer landscape

Save your first doses for low-demand days. Make time outside, eat something nourishing, drink water, and keep your schedule gentle.

✦ Setting an intention

An intention isn't a goal to hit. It's a direction to face. A few prompts to sit with:

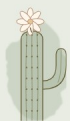
What am I hoping to tend, soften, or understand?

What would "a little better" feel like in my body?

Who and what supports me while I explore this?

✦ Simple ritual ideas

Three slow breaths before you dose. One line in your journal. A few minutes with your feet on the earth. A word of thanks to the plant and the people who carried this knowledge. Ritual doesn't need to be elaborate; it just needs to be yours.



Reciprocity with Huachuma

Andean traditions center *ayni*, the practice of reciprocity. Consider supporting Indigenous-led organizations, learning from Andean voices, or growing your own cactus as a long-term relationship.



REFLECTION

Notice, note, adjust

Print a few copies or recreate this in your journal. If you menstruate, tracking your cycle day alongside your doses can reveal patterns worth knowing.

DATE	DOSE DAY?	CYCLE DAY	MOOD 1-5	ENERGY 1-5	SLEEP	NOTES

Ready to build a practice that's actually yours?

This guide is the foundation. Your specific dose, schedule, and considerations deserve a real conversation tailored to your body, your history, and your intentions. Book a free 15-minute consult and we'll start there.

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Free consult: koalendar.com/e/free-consult15 · Instagram [@psychedelic.mindfulness](https://www.instagram.com/psychedelic.mindfulness)

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