

Sample Microdosing Schedule

This is for **psilocybin**, though the concept applies to others too.

Typical Microdose:

Psilocybin: 0.1–0.3 grams (dried)

Popular Schedules:

The Fadiman Protocol (Named after Dr. James Fadiman)

- **Day 1:** Microdose
- **Day 2:** No dose (afterglow)
- **Day 3:** No dose (baseline)
- Repeat the cycle

Pros: Balances effect and integration time

Cons: Some find it too spaced out for depression management

The Stamets Stack (Paul Stamets)

Ingredients:

- Psilocybin microdose
- **Lion's Mane mushroom** (for neurogenesis)
- **Niacin** (to aid delivery across the blood-brain barrier)

Schedule:

- 4 days on, 3 days off (e.g. Mon–Thu on, Fri–Sun off)

Pros: Aimed at long-term cognitive enhancement

Cons: Less studied; niacin can cause flushing

Best Practices for Microdosing:

- Track your mood, focus, creativity, and anxiety daily
- Don't increase the dose if you "don't feel it"—you *shouldn't*
- Avoid mixing with alcohol or other substances
- Give yourself **1 month** to evaluate effects

Macrodose Preparation Guide

For **psilocybin, LSD, mescaline, or ayahuasca-like experiences**

1. Set (Mindset)

- What is your **intention**? Healing, insight, self-exploration?
- Prepare emotionally: journal, meditate, talk to a guide
- Avoid heavy mental/emotional stress leading up to the journey

2. Setting (Environment)

- Choose a **safe, quiet, and familiar space**
- Have a **trusted sitter** or guide if possible—especially for first time
- Light, sound, and comfort matter (blankets, music, eye mask, etc.)

3. Physical Prep

- Eat clean for 1–2 days before; fast for ~6 hours before if comfortable
- Avoid alcohol, stimulants, or other drugs in the days leading up
- Get good sleep the night before

4. Day of Macrodose

- Set your intention clearly—write it down or say it aloud
- Surrender to the experience: let go of control or expectations
- Have **journaling materials, soft music, plenty of water, and a trusted person on hand**

5. Integration (Afterward)

- Don't rush back to normal life; take a quiet day or two
- Journal insights, dreams, emotional shifts
- Talk with someone (therapist, guide, or community)
- Don't chase the experience—let it work through you over time

Final Tips:

- **Respect the dose:** A macrodose can open deep, challenging emotional territory.
- **You don't "trip" for fun—you journey for healing.**
- **Always test for allergies** and research the source of any substance.