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Welcome to our Microdosing Guide

A comprehensive resource to help you embark on a journey of personal transformation.

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In this guide, we'll explore the basics of microdosing, its benefits, dosage guidelines, and protocols for working with specific substances like **Psilocybin**, **Psilocybin Truffles**, **LSD**, **Tabernanthe Manii** and **Kanna**.

Let's dive in and discover how microdosing can enhance your well-being and personal growth.

What is Microdosing?

Microdosing involves taking small, sub-perceptual doses of psychedelics to unlock their potential benefits without inducing full-blown psychedelic experiences. It's a way to safely explore the therapeutic and cognitive-enhancing effects of these substances while avoiding the intensity of their hallucinogenic properties.

Benefits of Microdosing:

Microdosing has gained popularity for its potential to create beneficial shifts across 6 areas:

1. **Mental health and mood:** improved mood is a widely reported benefit, and many microdosers experience alleviation of depression symptoms (reports on anxiety are more mixed: many report improvements, yet others find it exacerbates symptoms¹). People also report a decreased desire to smoke, drink alcohol, or use other substances.
2. **Wellbeing and positive attitudes:** studies have shown microdosing promoted feelings of wellbeing, self-fulfilment, self-efficacy, and resilience. Self awareness and self-insight often increase, coupled with a decrease in negative or self-sabotaging attitudes and beliefs.
3. **Creativity and cognition:** Many individuals report increased creativity, enhanced problem-solving abilities, and a fresh perspective on creative projects. The ability to think clearly and effectively is enhanced, with microdosers reporting reduced brain fog and improved focus, concentration, mental clarity, and productivity in their work or studies.

¹ *If you suffer from anxiety and are interested in seeing whether microdosing can help you, don't let this put you off – book a call with us to discuss your personal situation further.

4. **Personality, identity and relationships:** Microdosers have reported feeling more open, less neurotic and prone to worry, and less socially anxious. A small study has shown that microdosing enhances 'state authenticity' - the experience of being true to oneself more of the time. Many report that relationships (with oneself as well as with others) are enhanced.
5. **Consciousness and mindfulness:** Microdosing can facilitate a deeper presence and connection to one's inner self, a sense of connection to what lies beyond the self, as well as an enhanced ability to work skilfully with thoughts and emotions, fostering self-reflection and personal growth.
6. **Neurobiological and physiological effects:** There are a number of intriguing uses here, across a wide variety of different areas. For example:

Pain: Microdosing can have positive effects on alleviating our experience of pain, and many have reported improvements to migraines, headaches and chronic pain conditions

Inflammation: Psychedelics have been linked to reduced inflammation, and microdosers have explored the practice to help with autoimmune, gut and joint conditions

Fatigue and low energy: Microdosing offers a potential avenue for managing Chronic Fatigue, by promoting increased energy levels and mental stamina

ADHD: One study showed that microdosing was more effective than current ADHD meds in helping control unwanted ADHD symptoms.

Hormone health and balance: There's a link between psychedelics and hormone balance, with many women coming to microdosing to alleviate PMS, PMDD and perimenopause symptoms with success

How we think microdosing works

First off, it's important to acknowledge that it's **still early days** in the scientific journey to understand exactly how psychedelic substances work. Although we have growing evidence from many clinical trials, and many more trials are ongoing, we don't have anywhere like the full picture yet.

What we do know, though, is one common effect across the varied types of psychedelic substances: they all promote **neuroplasticity**, the ability of our brain and nervous system to change and adapt. Neuroplasticity itself is a fairly recent discovery. Up until a few decades ago, we believed that the brain stopped changing and developing at the end of adolescence, and that was it: your personality, beliefs and habits were stable and fixed from then on.

Thankfully for those of us who hoped there was further opportunity for development past the age of 18, this isn't the case. We retain the ability to learn and adapt, although change does become harder. This is because **the older we get, the more we repeat certain patterns, and the more automatic those patterns become - they become hardwired into our nervous systems**. We all know this: making change stick is TOUGH for adults. And this is why this ability of psychedelics to promote neuroplasticity becomes very interesting for anyone past a certain age trying to create lasting change in their life. Psychedelics seem to **reopen critical learning windows**, reducing the amount of effort and willpower we need to exert.

There's a big watch-out here, though. Bear in mind that **neuroplasticity in and of itself is not necessarily positive, it's simply an ability to adapt** – the adaptation might be positive, neutral, or negative, depending on the internal and external conditions you are creating and experiencing whilst taking psychedelics. And psychedelics are '**non-specific amplifiers**' - they amplify whatever is in your system. This means that if you're undergoing a very stressful period in life, or feeling highly anxious or dysregulated, it's unwise to microdose, as you're likely to end up feeling worse.

This property of promoting neuroplasticity explains why it's so important to microdose with **intention**, and with the support of **integration practices**. Psychedelics don't work like most Western medicines we're used to, where you pop a pill passively to make a certain symptom disappear.

When you're working with neuroplasticity, you need to play a more active role, asking yourself firstly **what change you're trying to achieve** (intention) and then **how you will create the right conditions for that change to take shape and become embodied as a new pattern in your life** (integration practice/s). This is often where people miss out on the full benefits of microdosing, as we're not used to working with substances in this way, which can leave people feeling disappointed by the results. This is where specialist guidance and community support can be so helpful.

Who shouldn't microdose?

Microdosing is not for everyone. If you suffer from certain mental and physical health conditions it is not advisable to microdose psychedelics (although there may be psychoactives which are suitable for you).

For example, if you have coronary issues, a history of psychotic episodes, schizophrenia or bipolar disorder, or are taking SSRI or MAOI antidepressants, microdosing should be avoided, or approached with extreme caution and the support and guidance of a qualified medical professional.

If you are interested in our microdosing integration services, you'll be required to fill out a medical assessment – please do this honestly, we are happy to talk to you about what is and isn't advisable for your specific situation. You should also consult your trusted medical professionals about this topic.

What's the right substance and the right amount for you?

Choosing which substance to work with depends on your personal preference, desired outcome and often availability or ease of sourcing.

Once you have decided what you want to microdose then need to work out how much. Dosage **really** matters when it comes to psychedelics, so finding the sweet spot with microdosing is essential. Since we're all unique, it's best to start low and gradually adjust. **Don't** be tempted to go in too high – you can't un-take it, and you don't want to suddenly find yourself tripping in an important meeting!

Here's an overview of **what you can microdose** including a standard dosage range to guide you.

NB: The following information is meant as a guide only, it is your responsibility to do your own research and inform yourself of the legal status and regulations regarding each substance in your specific location.

What are we microdosing?

You can microdose with a vast number of psychedelic substances, but we find that the most reliable and desirable results come from the following:

- **LSD:** A synthetic psychedelic that, in our experience, has heightened our productivity, creativity, and helped with focus and getting into flow states.
- **Magic Mushrooms or Truffles (Psilocybin):** A naturally occurring psychedelic that can deepen self-insight and emotional capacity, and enhance creative thinking.
- **Tabernanthe Manii (a form of Iboga):** We have found this psychedelic to be heart-opening, energy-boosting, and creativity-enhancing. Please note that whilst most psychedelics are considered safe, Iboga is different and has

much stronger and potentially dangerous effects (particularly at high doses), so it's imperative you do your research and are fully informed about this particular substance.

- **Kanna:** A legal psychoactive (not a classic psychedelic), this succulent plant is native to South Africa. Similar to psychedelics, it contains alkaloids that interact with the brain's serotonin receptors. The effects of Kanna are often described as mood-lifting, stress-reducing, relaxation-boosting and anxiety-relieving.

With all naturally occurring psychedelics and psychoactives, please ensure your sources are **sustainably and ethically produced**, paying particular attention to this in the case of Iboga.

Psilocybin and Psilocybin Truffles

Psilocybin is a naturally occurring psychedelic compound found in certain species of mushrooms, commonly referred to as 'magic mushrooms.' When ingested, psilocybin is converted into psilocin, which interacts with serotonin receptors in the brain, enhancing neuroplasticity. Psilocybin truffles, also known as 'magic truffles', are underground fungal structures that contain psilocybin and have similar effects to magic mushrooms. To use psilocybin or psilocybin truffles, always start with a low dosage to assess your individual sensitivity and response.

How to consume: orally, either by directly eating the mushrooms or truffles, or brewing them into a tea. Mushrooms can be ground into a fine powder and sometimes put into capsules to make them easier to ingest.

Dosage: Begin with 0.05-0.3 grams of dried mushrooms or 0.3-0.7 grams of dried Psilocybin Truffles.

Start low and pay careful attention to how you feel, and then tweak the dose as you go, based on how it affects your mood, energy, and overall well-being.

For more information on microdosing with psilocybin please visit:

<https://microdosinginstitute.com/microdosing-101/substances/microdosing-magic-mushrooms/>

and <https://microdosinginstitute.com/microdosing-101/substances/magic-truffles/>

LSD

LSD, short for lysergic acid diethylamide, is a potent synthetic psychedelic compound that alters perception, cognition, and mood. It is commonly known as 'acid'. Many people have grown up hearing horror stories about the effects of 'bad acid trips', so it's important to emphasise that microdosing with LSD is associated with a subtle shift in perception rather than the intense hallucinatory effects associated with a full dose.

Microdosing is intended to provide the neuroplasticity-enhancing benefits of LSD without inducing a full psychedelic experience. The effects of microdosing LSD are often described as a gentle amplification of mood and cognition, allowing for improved mental clarity, enhanced problem-solving abilities, and an overall sense of clarity and openness.

How to consume: orally in the form of small 'tabs' or squares of paper infused with the LSD compound or liquid

Dosage:

The dosage range is 5-20 micrograms (μg) of LSD, and the advice is always to start at the lowest end of that spectrum. Remember, the strength can vary, so ensure you're using a trusted source and measuring your dosage accurately. Test kits are available in order to ensure your source is pure.

For microdosing with liquid, a common approach is diluting this standard dose of 100-150 micrograms (μg) in a liquid solution, such as distilled water or alcohol, to create a concentration that allows for precise dosing. A common dilution ratio is 1

drop of the diluted solution containing 10 µg of LSD. This allows for a more controlled and measured approach to microdosing.

For more information visit:

<https://microdosinginstitute.com/microdosing-101/substances/microdosing-lsd/>

Tabernanthe Manii

Tabernanthe Manii (Manii) is a plant species that belongs to the same genus as Tabernanthe iboga, native to West and Central Africa. Similar to Tabernanthe iboga, Manii contains various alkaloids including ibogaine, which is known for its psychoactive properties. The roots and bark of Manii have been used in traditional medicine and spiritual practices for millenia by indigenous African communities, and are becoming well-known in the West for their potential therapeutic effects.

Manii can offer individuals a deeper understanding of personal issues and newfound clarity to navigate their lives, while harmonising the mind and psyche for a sense of balance and grounding. Although the exact mechanisms are unknown, the experience suggests that (like most psychedelics) it illuminates personal issues and fosters a deeper mental and emotional alignment. Ibogaine itself is recognised as one of the most potent and transformative psychedelics known to mankind.

How to consume; you can purchase Manii either as a tincture or in powder form as capsules

Dosage: The capsules or drops are best taken once in the morning when you get up. With powder start low (50mg-70mg) and build up (to 80-100mg).

For tincture :

- 1-3 drops for very sensitive people to start with
- 4-5 drops imperceptible to most people
- 10 drops will be noticeable for most people

- 15 drops a day is as strong as could be recommended in terms of microdosing, as this might affect your ability to function

Protocol suggestions:

NB Microdosing Manii is different to other psychedelics, and requires a slightly different approach as it remains in the body for longer than most other substances. Care must be taken not to take too much, too often, for too long a time.

Manii microdosing effects accumulate with continued use, so taking the drops daily will intensify its potency. You can choose to follow a seven-days-on and seven-days-off pattern, continue until the bottle is empty, or adjust the frequency to every second or third day based on your personal experience and emotional response.

More information can be found here <https://tabernanthe.com/guide/>

Kanna

Kanna is a psychoactive not a psychedelic and is legal in the majority of countries. It's non-addictive and non-toxic, and a great place to start if you live in a country where psychedelics are banned and/or hard to source.

Kanna (also known as *Sceletium tortuosum*) is a succulent plant native to South Africa, traditionally used for its mood-enhancing and relaxation properties. It is sometimes referred to as 'nature's MDMA'. The active compounds in Kanna have been shown to have anti-anxiolytic effects (i.e. they reduce anxiety symptoms). Care should be taken if you are on certain antidepressants (such as SSRIs) which are contra-indicated – please consult your healthcare advisor.

How to consume: Kanna can be consumed in various different forms, including dried plant material, powders, capsules, or tinctures. It can be ingested orally, chewed, or brewed into a tea. To consume Kanna, you can either place the powder or chewed plant material under your tongue, allowing it to absorb sublingually, or you can mix it with a beverage like water or juice and drink it.

Tinctures are the most bioavailable form, meaning this way of taking Kanna takes effect faster and usually lasts for a shorter time.

Dosage: The range for powdered forms is 1-5 grams, and as ever, start at the lower end and monitor closely before increasing your dose slowly. If using a tincture, follow the recommended dosage provided by the manufacturer, according to the strength of the product. Keep an eye out for any mood-boosting effects, increased energy, or changes in mental clarity. Adjust the dosage to your liking, but do so gradually.

Protocol suggestions: Daily in the morning for 4-6 weeks

More information can be found here:

<https://kaempathogenics.com/blogs/plants/what-is-kanna#>

How to Take your Microdoses

You will need to decide on a microdosing protocol: a **simple roadmap** that specifies **when** you'll microdose and **how much** to take for optimal results. Microdosing protocols are important because whilst psychedelics aren't addictive, we can become tolerant of them – this means it's good to make sure you incorporate days off, so your body doesn't become accustomed to the substance. A typical beginners protocol will last 4-6 weeks and it's wise to take at least a month off in between protocols. Even experienced microdosers would not recommend a protocol lasting more than 90 days.

The Fadiman protocol and the Stamets protocol are the two most popular approaches to microdosing LSD and psilocybin. (See the sections on Manii and Kanna above for protocols specific to those substances. NB If you are starting out microdosing with Kanna or Manii, you will need to trial the effects for a few days in a row, before settling on a protocol that suits you.)

The Fadiman Protocol

We recommend beginners start with the Fadiman Protocol, which is the simplest and most approachable way in. This protocol, developed by Dr. James Fadiman (one of the godfathers of microdosing research and evidence), involves taking a microdose every three days. On the first day, you consume the microdose and observe its effects on your mood, energy, and overall well-being. On Days 2 and 3 you take no dose but continue to carefully observe your state – many find there is a small ‘after-glow’ effect on the second day, whilst on the third day you will be back to your base-line.

The Stamets Protocol

Named after mycologist Paul Stamets, The Stamets Protocol follows a slightly different schedule, and is suited to those who are more confident about microdosing and have located and fine-tuned their sweet-spot in terms of individual dosage. It involves taking a microdose for four consecutive days and then taking a three-day break. This four-day-on, three-day-off cycle is repeated for a longer period, ranging from several weeks up to 3 months. Those following the Stamets Protocol often add Lion’s Mane and Niacin (vitamin B3) to their microdose combination known as the ‘**Stamets Stack**’, which is believed to promote neurogenesis (the growth of new brain cells).

Fadiman Protocol	Stamets Protocol
<ul style="list-style-type: none">• Take a microdose every three days• On the first day, consume the microdose and observe its effects• Use the following two days for integration and reflection• Repeat this cycle over several weeks, typically around a three-month period• Start with a low dose and adjust as needed	<ul style="list-style-type: none">• Take a microdose for four consecutive days (consider adding Lion’s Mane and Niacin)• Followed by a three-day break• Repeat this four-day-on, three-day-off cycle for an extended period (6 weeks to 3 months)• Adjust the dosage as necessary

What we offer

We run microdosing integration circles, group programmes and immersive retreats for women. We also offer bespoke 1:1 coaching packages .

To discover more about working with Women are the Medicine and our current offerings visit womenarethemedicine.co

For details of our next microdosing programme visit womenarethemedicine.co/microdosing

Reach out by emailing us: hello@womenarethemedicine.co

DISCLAIMER

This guide is intended for general informational purposes only. We do not encourage or recommend the use of psychedelics, nor do we condone any illegal practices.

Psychedelics are still illegal in many countries. It is essential to understand and comply with your specific country's regulations, as well as any local laws applicable to you. We cannot provide aid in sourcing any psychedelic substances for you, nor can we provide reference to sources.

We have compiled this guide with care, but we cannot guarantee the accuracy and completeness of the information therein. We do not claim that microdosing has been proven effective as a medicine or supplement, and not all of the benefits listed have been proven by scientific research at the time of writing.

This guide is not intended as a substitute for professional medical or psychotherapeutic advice, diagnosis, or treatment. Always seek the advice of

qualified healthcare professionals or licensed therapists regarding any medical or mental health concerns.

Experimenting with microdosing is not for everyone. It is your responsibility as an individual to research and fully understand the potential risks. In particular, you take responsibility for assessing how your personal state of physical and mental health and any medication you are taking may be affected by microdosing, and agree to consult the appropriate experts for advice.

The use of the information in this guide is entirely at the risk of the user. We cannot accept liability for any direct or indirect damage that may arise from the use of this guide.

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