

# MICRODOSING UNLOCKED

## A Mini Guide to Mushroom Microdosing

Why A Microdose Is Closer to A Cup of Coffee  
Than A True Classic Psychedelic Experience



By BiohackingU



“A quick mini guide on how I like to microdose mushrooms, how mushrooms exert their effects in the body, and stacking nootropics with mushrooms.

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***“Psychedelics are the only path to a new and authentic consciousness”***

**- Terence Mckenna**

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Note this book does not provide any information or details on how to obtain magic mushrooms check your state and country laws for legality surrounding these compounds

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**CHAPTER #1**

# How Mushrooms Work In the Body



Psychoactive mushrooms, often referred to as “magic mushrooms,” owe their effects primarily to the compound psilocybin, which is rapidly metabolized into psilocin once ingested. Psilocin’s structural similarity to serotonin allows it to interact with several serotonin receptors in the brain, with the most critical being the 5-HT<sub>2A</sub> receptor.

## Metabolism and Chemical Similarity

### ● Psilocybin to Psilocin Conversion

After ingestion, psilocybin is converted by the body into psilocin. This active metabolite is chemically similar to serotonin, which enables it to bind to serotonin receptors.

### ● Serotonin Mimicry

Because psilocin closely resembles serotonin (5-hydroxytryptamine), it can activate similar pathways in the brain, leading to alterations in mood, perception, and cognition.

## Key Serotonin Receptors Affected

### ● 5-HT<sub>2A</sub> Receptor

#### ▶ Primary Role in Psychedelia

Research consistently shows that the psychedelic effects of psilocin are largely due to its agonistic action at the 5-HT<sub>2A</sub> receptor. This is why people tend to think it has dopaminergic effects as well as through this receptor. When psilocin binds to these receptors—especially in areas like the prefrontal cortex—it alters the way neurons communicate. This is believed to lead to the profound changes in sensory perception, mood, and the sense of self that are characteristic of a psychedelic experience.

#### ▶ Cortical Effects:

Activation of the 5-HT<sub>2A</sub> receptor contributes to increased neural plasticity and altered functional connectivity between different brain regions, which may underlie the mystical and transformative aspects of the psychedelic state.

### ● Other Serotonin Receptors:

#### ▶ 5-HT<sub>1A</sub> Receptors:

Psilocin also exhibits activity at 5-HT<sub>1A</sub> receptors, though this interaction is generally linked more to mood regulation and anxiolytic (anxiety-reducing) effects rather than the core psychedelic experience.

#### ▶ 5-HT<sub>2C</sub> and Others:

While psilocin can interact with receptors like 5-HT<sub>2C</sub>, these interactions are not considered the primary drivers of the hallucinogenic effects. They may, however, contribute to the overall profile of effects, including potential modulation of anxiety and appetite.



## The Psychedelic Experience

The activation of the 5-HT<sub>2A</sub> receptors in higher-order brain regions is central to the experience induced by psychoactive mushrooms. This receptor's stimulation leads to:

- **Altered Perception:**

Enhanced visual and auditory experiences, as well as changes in the perception of time and space.

- **Cognitive Shifts:**

A loosening of normal thought patterns and self-referential thinking, which can result in profound personal insights.

- **Emotional Effects:**

A wide range of emotional responses, from euphoria to introspection, partly mediated by the modulation of other serotonin receptors like 5-HT<sub>1A</sub>.

**CHAPTER #2**

# Micro Dose vs Moderate Dose vs High Dose vs Hero's Dose

To get the most accurate dosing take your compounds in the form of a chocolate bar or gummies from a reliable source. Remember these are not hard set dosing guidelines and everybody is different.

## Microdose

A microdose of mushrooms should feel like a true cup of coffee. Now everyone is different, but for most people a true microdose sits between 100mg-250mg. This dosage should not make you high and should instead stimulate you slightly and promote things like creativity.

## Moderate Dosage

A moderate dosage to me is like having 4-5 beers, or getting a bit stoned. At this dose yes you are getting high, but are still on earth essentially you are not blasting off to mars and getting insanely high. This is an excellent dosage for socializing and talking to people. For me it makes for an excellent alcohol replacement. I see this dosage being about 500 mg-1.25g.



## High Dosage

This is where we start to hit the psychedelic range. This is where you may start having visuals and other side effects. This is where you are really gonna have a standard “trip”. To me this dosage threshold starts to become active when you start to go above 1.5gs of mushrooms. For me I hit this at 2gs of mushrooms.

## Hero's Dosage

This is where you are really pushing the envelope. This is where you go past having a fun trip and into the oh shoot I am going to meet a magical space alien range. To me this dosage really starts to become applicable at the 3.5g-4g+ range. When you start to get up to 5gs you really in my eyes get into Hero's dosage territory.



**CHAPTER #3**

# Benefits from Microdosing Mushrooms

Here are a few of the very unique benefits a true Microdose of Magic Mushrooms give me..

- ▶ Increased Creativity
- ▶ Increase in Positive Thinking
- ▶ The Ability to Think about situations from a new perspective.
- ▶ Motivation to get things done
- ▶ Better mental clarity
- ▶ Better verbal fluency

**CHAPTER #4**

# Side Effects from Microdosing Mushrooms

Here are some of the side effects I get from a microdose of mushrooms

- ▶ Mild Nausea (only at higher dosages)
- ▶ Down regulation if over done they will lose their effects (not common at a microdose)
- ▶ Headache the next day (occasional)
- ▶ Do not use if you have a history of schizophrenia or a family history

**CHAPTER #5**

# Microdosing Dosing Schedule I Follow

To avoid down regulation I tend to dose 250mg every 3rd day of the week. Meaning I go 1 day on 2 days off and so on and so on. The other strategy I will employ sometimes instead. Is to once every other use 1g of mushrooms for social occasions, or to ponder over some things that I am trying to figure out as mushrooms help to elicit a good new perspective. Usually these are the two strategies I personally use. At dosages like 1.5g-2g I tend to get a bit too high and lose touch with reality. I also always dose earlier in the morning as these will keep you awake.

**CHAPTER #6**

# Stacking Nootropics with Mushrooms

For me I love stacking nootropics with a mushroom microdose as well as it really helps to enhance the cognitive boosting effects. Nootropics like racetams, choline, noopept, semax, I often pair with the mushrooms to boost their effects on my cognition. When I use 1g-1.25gs of mushrooms I tend to dose it with a Gabaergic compound like Phenibut or Etifoxine. Some may say that this “kills” the trip but I think it actually makes it a lot more enjoyable from a recreational standpoint, especially if I want to socialize. I also find that the NMDA blocker Memantine makes the trip stronger and also much cleaner and less anxiety ridden.

**CHAPTER #7**

# Conclusion

## Why I like Mushrooms

I truly think in the next few years magic mushrooms will become a cornerstone in the biohacking space similar to how kratom is. I think many bodybuilders and athletes will enjoy mushrooms and their benefits. Their ability to allow you to see things from a new and unique perspective makes them a very powerful tool in your nootropic toolbelt. Many people see mushrooms in the context of being things that will make you super high and see colors and talk to aliens, but the reality is microdosing mushrooms can allow you to reframe and reshape your frame of mind and see things in a new and unique way. Previous issues that you thought unsolvable mushrooms will help show you an answer to. This is why I am so passionate about these compounds because they unlock a new and exciting way to help you solve life's greatest mysteries and heal your mind.

