



FIVE
ESSENTIAL
microdosing
ACTIONS

The steps to take *BEFORE* you start
a microdosing journey.

HI FRIEND!

Like many of the clients I work with, if you're reading this you're interested in microdosing. Either you've never done it before or you've tried it and it didn't deliver what you thought it would.

Even a cursory search shows there's a lot of information out there. But all the information in the world is completely useless if you don't have a clear-cut guide - a strategy - for how to proceed.

One of the biggest reasons people try microdosing is because they've heard - either anecdotally or in media - about the benefits to mental health. This is where information tends to rub up against actuality. Yes, there can be benefits to mental health, but to see them you can't approach microdosing like you would a prescribed anti-depressant or benzodiazepines where you take the medicine and it hopefully does the work (and in many cases, until it doesn't and has to be changed out).

Microdosing works best as an amplification or attenuator of the work you are already doing on yourself. Which is why it works very well for people interested in coaching and personal growth alongside it. The awareness and revelations come faster and more thoroughly which lead to the shifts you're seeking.

This guide distills the mass of confusing information out there into 5 distinct steps - the 5 most important steps - to take and consider before you start.

I hope this helps you and brings you clarity on your journey.

Much love,
Pheroze

STEP 1

Know Your Why

The act of microdosing, at its core, is about **realigning** your relationship to yourself and others. The word realigning is doing a lot of heavy lifting here, and that's because your realignment is **specific** to your needs, desires, and journey.

Realignment may involve:

- New ways of dealing with depression or anxiety.
- Feeling more connected to your emotions.
- Understanding your communication and thought patterns.
- Feeling, and acting on, empathy for others.
- Achieving a flow state for specific activities.
- Generating a flow state for your general day to day.
- Making the changes you want within your yourself happen quicker and with more clarity.
- Generating more energy for your day.
- Connecting with your environment.
- Tapping in to intuition.

...and there's more. But the point is, realignment is specific to you.

Let's be clear: The WORST reason to microdose is because you heard it will fix all your problems. You're not at fault for thinking this, there's a misinformation contingency out there that seems to espouse this. But it's just not the case.

You have to do the work. And, if you do, the rewards may be greater than you expect.

But you have to **know your why**.

STEP 2

Learn How To Set Intentions

Wait up, isn't setting an intention the *same thing* as knowing your why? This was supposed to be 5 actions, why're you giving me 4, Pheroze? I'd like my money back for this free guide.

No, friend, though I get where you're coming from. (Also, did I just have an imaginary argument with myself on a PDF? Yes. Welcome to this brain of mine.)

Setting an intention is the **result of knowing your why.**

Read that again.

Your why is a general theme. For example, 'I want to work on my communication.' Or 'I want to have a productive day.'

The intention you set as a result of that why may be, 'I want to take a quick pause and check in on my emotional state before I respond to a request.' Or, 'I want to finish this report for work today.'

Your **why** can be **general** for the theme you're working through. Your **intention** should be **specific** for that day.

If you'd like an analogy:

Why am I going grocery shopping? To feed my family.

While I'm at the store, I **intend** to get the things on my grocery list.

Why = general

Intention = specific (but based on your why)

STEP 3

Clear Your Schedule

The first time you microdose, you may feel more introspective and reflective than usual. You might also notice details in your environment that you haven't before. This will be particularly pronounced if you have never ingested a psychedelic substance before (but you likely have and I'll tell you how in a bit).

I strongly suggest you honor this experience by clearing your schedule as much as possible. Allow the space and time for your why and your intention to take its course.

For you, this may look like starting on a weekend or day off instead of a work day, having your partner watch the kids for the day, turning on 'do not disturb' on your phone, and/or not scheduling errands for the day.

Eventually, you will integrate your microdosing protocol into your day to day life. But, for that first time, do your best to clear your schedule.

STEP 4

Pick A Protocol

If you've done a bit of research on microdosing, you've likely come across two popular protocols.

The first was created by James Fadiman, colloquially known as "The Father of Microdosing" and one of the original western researchers on psychedelics in general.

His protocol is to take a microdose every 3 days. So, on Day 1, take a microdose. Then on Day 4, take another. And so on. Do this for 30-60 days total, then take 2-4 weeks off.

The second was created by Paul Stamets, a famed mycologist who has done much to bring the healing powers of mushrooms into the forefront.

His protocol is to take a microdose for 4 days in a row, then take 3 days off. (Note that his original protocol was 5 days on, 2 days off, but he has revised it since.)

He also recommends stacking the microdose with 500mg-1000mg of Lion's Mane (an edible mushroom with health benefits) and 100mg-200mg of Niacin (Vitamin B3). On your off days, you would continue to take the Lion's Mane and Niacin.

Now, those are two very different protocols! And there are even more: every other day, two fixed days a week, once weekly, only at night and so on.

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STEP 4

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I suggest you not get lost in the weeds here. Pick one and commit to it for a few weeks. If it's not serving you, try the other one. Both of these protocols are popular for good reasons.

If you need help deciding between the two, then go back to 'your why'. You remember your why, right, all the way back in step one.

If your why falls in the area of working through a condition, like depression, or working through something you're bring more awareness to, like communication, then go with the Fadiman protocol.

If your why is more along the lines of improving brain function, increasing flow state, or breaking old patterns, go with the Stamets protocol.

As a note: My ultimate goal for anyone embarking on a microdosing protocol is to develop a strong relationship with the medicine and intuitively know when microdosing will serve them. This is a skill that takes a little time to develop, but with proper guidance can be reached quicker than you think.

STEP 5

Pick Your Dose

How's that saying go? You can pick your friends, you can pick your dose, but you can't pick your friend's dose? Oh, it's nose? Gross.

But, putting dose in that rhyme actually works. Your ideal dose is going to be different than other peoples. And, your ideal dose may be dependent on your why and will change as you progress through your goals.

So, damn, you're probably thinking 'how the hell do I pick my dose?'.

The answer is: start somewhere, preferably lower rather than higher.

The working range of a microdose is between 0.05 - 0.5 grams. My experience has been that above 0.4gm is high for most, you'll likely get a little 'lift off'.

I suggest starting at the lower end of the scale. 0.05 - 0.1 grams is a great starting point. As you go through your protocol, take stock and notes on how you feel and adjust up or down as needed by anywhere from 0.025-0.1 gm increments.

A microdose should be sub-perceptual. You might experience a different sense of alertness or awareness, but you should not be getting anything approaching hallucinations. If you are, then dial the dose way back.

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STEP 5

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Certain medications can also impact your dose. SSRI's, for example, can dilute some of the effects of microdosing by blocking the binding to 5-HT_{2A} receptors. Before starting on a microdosing protocol, I suggest taking note of any medications you're on and working with a qualified coach or professional to adapt.

Another consideration is that microdoses do compound. So, with the Stamets protocol, on your fourth day you're going to have more in your system than on the second day, even though you're taking the same dose.

Tolerance also builds up fast, which is one reason why taking a microdose every day is counter-productive. You need to have short and long term breaks in order to reap the full benefits.

There are a lot of factors at play here. To keep it simple, I generally have clients start with 0.1gm and then titrate from there. So start there if you're waffling on the dose.

So that's it, friend! The 5 considerations I consider paramount to an impactful microdosing protocol.

I'd love to know if this was helpful for you. Please reach out and let me know either via my **website** pheroze.com or on **Instagram**: [@pherozekarai](https://www.instagram.com/pherozekarai)

I wish you the best in your journey!

Pheroze

