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CANNA NURSE

# A Beginner's Guide to Microdosing

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# What is microdosing?

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Microdosing refers to the practice of taking very small doses of psychedelic substances, such as LSD (lysergic acid diethylamide) or psilocybin mushrooms, in order to achieve subtle effects without experiencing a full-blown psychedelic trip. Typically, microdosing involves taking doses that are a fraction of the typical recreational or therapeutic dose, usually around 10-20% of a standard dose.

The goal of microdosing is not to induce hallucinations or alter one's perception drastically but rather to experience a range of benefits reported anecdotally by some users.

These reported benefits include:

- Increased creativity
- Enhanced focus and productivity
- Improved mood
- Heightened sensory perception
- Decreased stress and anxiety





# Who can benefit from Microdosing?

INDIVIDUALS WITH LOW MOOD OR HEIGHTENED ANXIETY

CREATIVES AND ARTISTS

THOSE SEEKING PERSONAL GROWTH AND SELF-REFLECTION

THOSE HEALING FROM GRIEF, TRAUMA, OR ADDICTION

PROFESSIONALS AND ENTREPRENEURS

INDIVIDUALS EXPERIENCING BURNOUT

THOSE WANTING TO COME OFF OF SOME MEDICATIONS

THOSE EXPERIENCING CLUSTER HEADACHES





# Special Considerations

Microdosing can help a number of people, but it's not appropriate for everyone. Special considerations need to be taken for those:

- With family or personal history of a serious mental illness, like unmanaged schizophrenia, bipolar, or psychosis
- Who had a recent mental health-related hospitalization
- With a medical history of high blood pressure, liver or kidney disease, cardiovascular disease, seizures
- On some medications, like antidepressants, GABA analogs, blood pressure meds, mood stabilizers, etc.
- Recent or current spiritual emergency

These individuals may still benefit from microdosing, but we take special considerations





# Will microdosing cure me?

Microdosing is beneficial in many ways, and has helped millions of people, but it's NOT a cure!

Microdosing is a tool to help you find the best version of yourself and live your best life.

Integrating microdosing into other lifestyle changes is imperative to get the most out of your journey.

We'll help you incorporate diet, movement, mindfulness, and other modalities into your life.

Microdosing is not all rainbows and butterflies. It takes intentional and conscious work, and it often comes with ups and downs as you're working through the challenging parts of your history and life.

It's most important to manage expectations. Microdosing is a tool, not a cure, and everyone's response is different.





# How do I get started?

1. Book a free discovery call, where you'll let us know your medications and brief history.
2. On the discovery call, we'll go over your health and medication history and let you know how microdosing could benefit you or special considerations we need to take with your unique situation. We may recommend on holding off on your microdosing journey.
3. We'll tell you about our different programs. We offer one on one and group programs, each with their own benefits.
4. Whichever program you decide to start, we will guide you in a way that's safe, therapeutic, and evidence-based.

\*We do not sell or distribute illegal substances

## Ready to Start Your Healing Journey?

**Book Your Free  
Call Now**

